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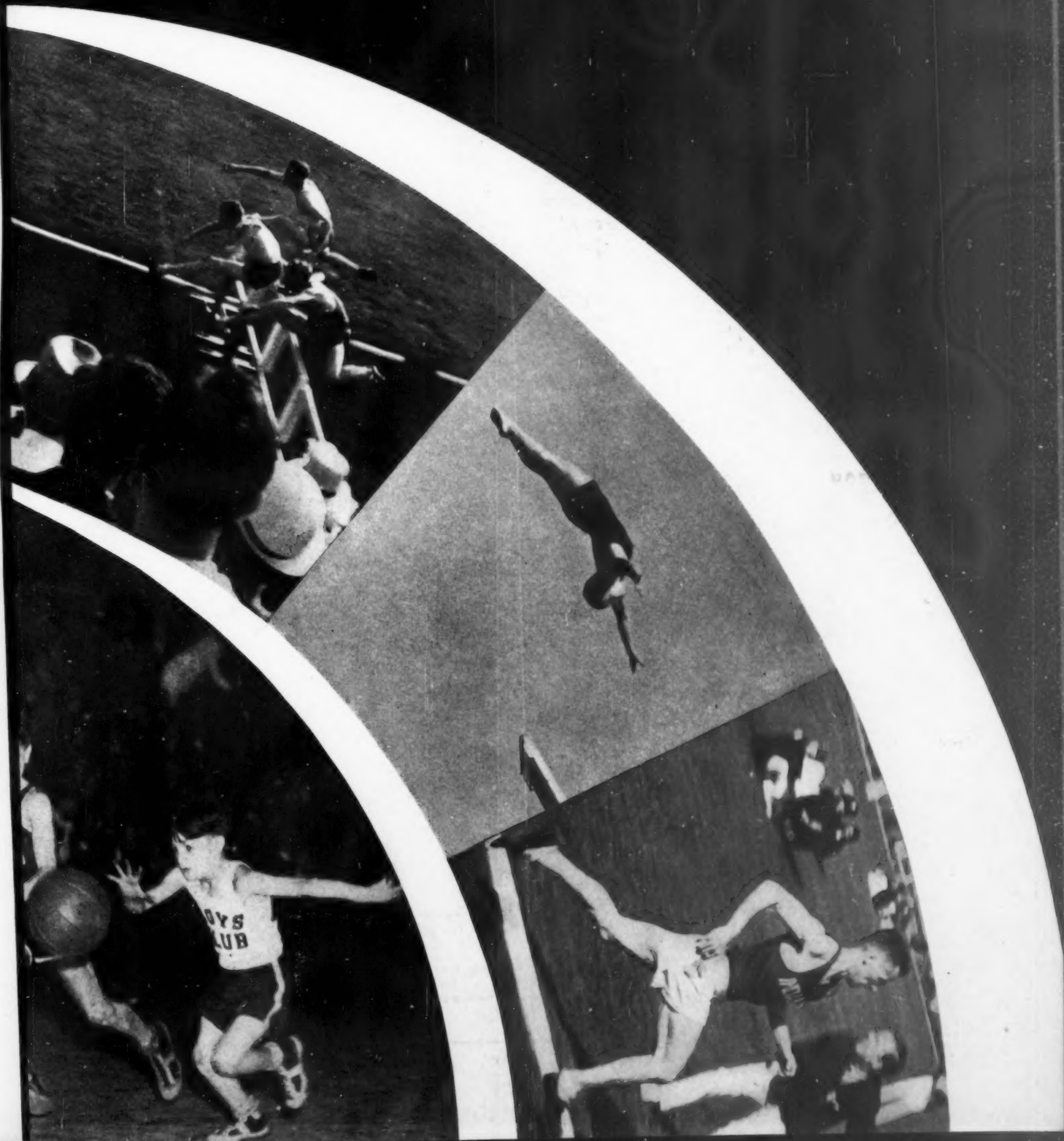
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New for 1936...

"Safety Grip Dots"

**A Reach feature that will
mean better batting
averages this year**

LAST year Reach introduced the "Resilite Treatment" in baseball bats. This year Reach not only offers "Resilite" but in addition another idea, an idea that batters will go for like a cat goes for cream . . . SAFETY GRIP DOTS!

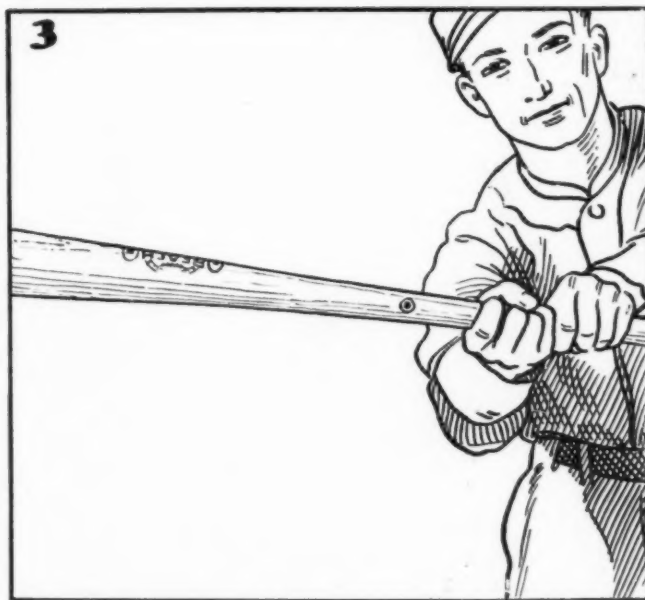
Why "Safety Grip Dots"?

The "Safety Grip Dot" idea was developed to teach the player the correct way to hold the bat. It was developed so that the batter would be assured of the maximum driving power. It forces the batter to always "hit with the trade-mark up" which is the only correct way to hit.

Here's How "Safety Grip" Works

There are two dots on the handle of the bat. One reads "left hand up"—the other, "right hand up." If a player is right handed, he grasps the bat in his right hand, lining up the "right hand" dot with the curved portion of his hand (between thumb and finger). He then places his left hand in its natural position below the right. You will note (1) that the trade mark is not "up," but tipped forward. When the bat swings back, the trade mark (2) turns "in" towards the batter's shoulder. As the bat comes forward the trade mark swings up. (3) At the exact point of meeting the ball, the bat is parallel to the ground, with the edge of the grain forward, the trade mark up, the wrist directly behind the blow. Result—a POWER DRIVE!

Send your players to the plate with "Safety Grip Dots," and you give them a real weapon for boosting the old batting average. And we don't have to tell you that better batting averages will mean more runs, more wins for your team.



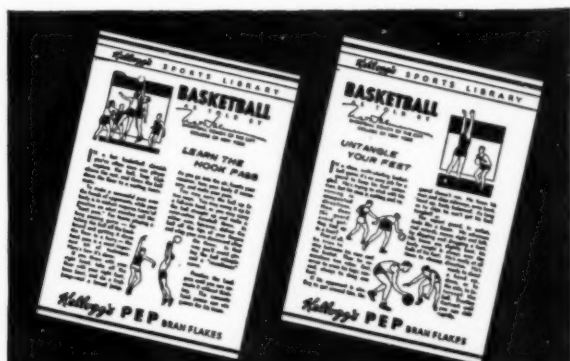
A. J. REACH, WRIGHT & DITSON

SOME COACH WILL MAKE AN ATHLETE OUT OF HIM

THE Kellogg Company of Battle Creek has always taken an interest in American youth. All of Kellogg's advertising to young people is pointed toward the development of strong, active bodies and alert minds. Building the kind of material that coaches need for winning teams.

Kellogg's PEP Bran Flakes furnish the body-building goodness of wheat. Plus enough extra bran to be mildly laxative. They digest easily. Release energy quickly, without taxing the body.

Always ready to eat. Delicious with milk or cream. Sold by all grocers. Recommend them to your squads.



HELPING COUNTLESS YOUNG ATHLETES

Kellogg's Sports Library is teaching the fundamentals of popular games to countless American youths. Millions of these helpful panels have been distributed on the packages of Kellogg's PEP Bran Flakes. Written by famous coaches and athletes: Ward Lambert, Nat Holman, Gene Sarazen, Bill Tilden, and many other well-known authorities. They're building an interest in athletics and laying a groundwork for your teams. This is an example of Kellogg's co-operation with American Coaches.



Kellogg's PEP BRAN FLAKES

A black and white illustration of a man with a mustache, wearing a dark sweater, looking down at his right hand which is wrapped in a bandage. A speech bubble from his hand contains the text: "HIS CONSCIENCE WHISPERS -'it could have been avoided'". In the background, a basketball shoe is visible on a wooden floor.

SEAL-O-SAN

THE 100% NON-SLIPPERY GYMNASIUM FLOOR FINISH

HIS CONSCIENCE WHISPERS
-*it could have been avoided*-

A FALL or skid on a slippery floor often means serious injury. Yet such accidents are needless. Seal-O-San on your gymnasium floor makes it 100% non-slippery . . . assures safe, sure footing. Apply Seal-O-San now. It will add much to your peace of mind to know that your players have the protection they deserve.



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DENVER

HUNTINGTON, INDIANA

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SCHOLASTIC COACH

Reg. U. S. Pat. Off.

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JACK LIPPERT, Editor OWEN REED, Associate Editor

The editor will be glad to consider any manuscripts and photographs submitted to him for publication, if accompanied by stamped addressed envelope for return, if unsuitable.

Scholastic Coach is issued monthly ten times during the academic year (September through June) by Scholastic Corporation, M. R. Robinson, president, Publishers of *Scholastic*, the American High School Weekly for students; and *Highschool*, fortnightly for classroom teachers.

Address all editorial and advertising communications to Scholastic Coach, 250 E. 43rd Street, New York, N. Y.

G. Herbert McCracken, publisher; S. Z. Oppenheim, advertising manager. Western advertising manager, Robert S. Wright, 35 East Wacker Drive, Chicago, Ill.

Subscriptions for the United States and Canada, \$1.50 a year. Foreign, \$2.50. Back issues: 25 cents, current volume; 50 cents, previous volumes. All correspondence concerning subscriptions and circulation should be addressed to Circulation Department, Chamber of Commerce Bldg., Pittsburgh, Penna.

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ROUTING SLIP

Cut this out, clip it to the front cover, and use it for routing the magazine to all staff members. After reading this issue, check your classification and pass the magazine along to the next person.

- ☐ Principal
- ☐ Director of boys' athletics
- ☐ Director of girls' athletics
- ☐ Basketball coach
- ☐ Football coach
- ☐
- ☐

Return to:



In running-shoes made of genuine Kangaroo leather there is feather lightness for a quick getaway and a fast record breaking sprint; soft, pliable foot comfort for the long distance runner whose stride must not be hampered by complaining feet—and a sturdy strength that will stand up under the stress of either a quick, sudden jerk or a long gruelling run.

Strong — because the tightly interlaced fibres of Kangaroo make it a leather that at any given weight has 17% more strength than any other leather known to man, that at any given strength is 17% lighter. An athlete's leather! Little wonder that track stars for nearly forty years have demanded Kangaroo.

And whether a boy is a star, or just a member of the squad, he needs foot safety, deserves footwear that will help him bring out the best that is in him.

And when a boy is out for any sport in which supple leather footwear is important (football, baseball, hockey or what-have-you, as well as track) footwear of genuine Kangaroo is what he should be supplied with, or be advised to buy. Everyone of these sports puts a premium on footwear that is featherlight, tough as rhinoceros hide, and soft and pliable as kid!



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Unretouched photograph of stock football

A portrait of the game's greatest kicker and passer . . .

. . . a football designed and built to meet the exacting demands of the kicking and passing game. It's a ball of smooth, even contour, of true shape, counterbalanced perfectly for true flight and accuracy. It's a ball that gives the kicker or passer a fair break.

True shape retention is assured by the cross-tensioned lining developed and introduced by Wilson. Its new patented "Kant-leak" valve . . . another Wilson innovation . . . is so placed that it does not disturb the even contour of the ball, and so light in weight that the ball is kept in perfect balance. A smooth, spiral flight without loping or wobbling is the result.

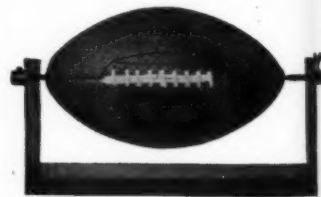
Wilson again demonstrates its outstanding leadership with this "official" counterbalanced football. It's a ball of bullet-like precision that means more completed passes, greater yardage on punts and more points after touchdown. Write for Wilson Football Guide.

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Wilson Sporting Goods Co. • Chicago, New York and other Leading Cities

This Test Tells The Story

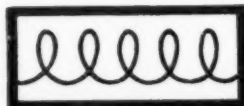
An ordinary ball wobbles violently as it picks up speed on the tester shown below. The new Wilson ball spins true as a top.



This illustrates how Wilson counterbalanced footballs are tested for true static and dynamic balance at the factory.



An ordinary ball spins unevenly like this because it is unbalanced.



The new Wilson counterbalanced football spins evenly, smoothly like this. That is why it is deadly accurate.

A gentleman from Arkansas has a protest

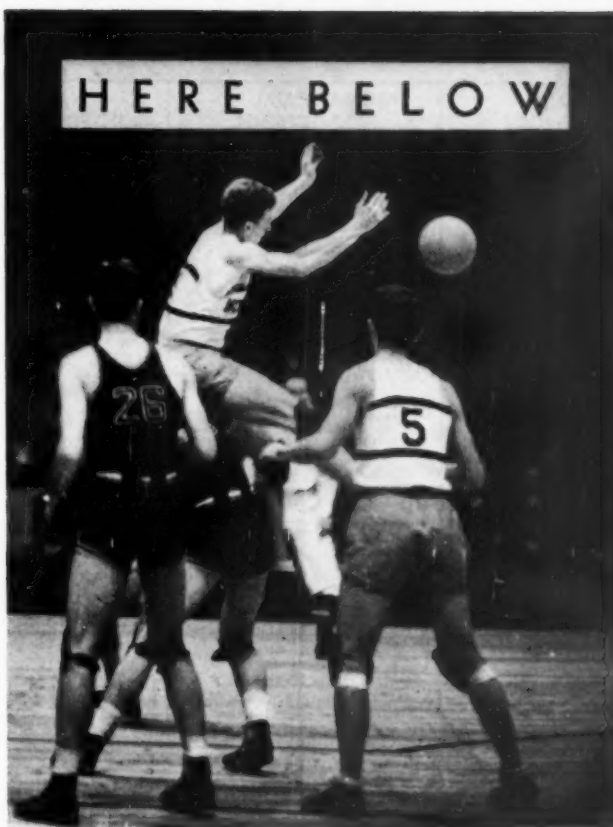
JOHN B. SHEPARD in this issue sounds a warning against the growth of the "what do I get out of it" attitude among high school athletes who are influenced to that cash-and-carry point of view by the college demand for "material."

There is a letter by one John W. Shaw of Little Rock, Ark., in the January issue of *Letters* (issued by the magazine *Time*), which should be read as a companion piece to Mr. Shepard's article. This letter, part of which we are reproducing here, touches on a point all too little considered in the discussions over football's low ethical condition: we refer to the trade and traffic in high school athletes by college athletic associations.

Clark Shaughnessy, football coach at the Univ. of Chicago, reporting as chairman of the Committee on Ethics of the American Football Coaches Assn., named "material" as the most important factor in the building of a winning college football team. Coaches are expected to develop winners; few of the well known football colleges will retain a coach who doesn't produce the goods in these terms. All coaches are aware of this, so it is understandable the difficulty a committee on ethics is up against in this particular line of work.

We have never seen a plan seriously advanced, which gives promise of eliminating the traffic in high school players. This most degrading part of the whole business goes on underground, like gangsterism. It makes one college suspicious of the others, and gives high school boys a distorted sense of values. Heavens knows, a distorted sense of values may "get them further" in the world in which they will be expected to earn their livelihood, but nevertheless American education is still officially holding to the higher view of life's purpose.

College presidents and faculty leaders are striving now as never



College basketball is a regular thing at Madison Square Garden, drawing 18,000 spectators and \$25,000 an evening.

before to save football and restore it to the same plane in the curriculum as that enjoyed by other activities. If they have the courage to do a real clean-up job, we

Southeastern Conference* thinks it is on the right track by recognizing the right of an athlete to receive aid, financial or its equivalent. How will this frank recognition

of a common practise improve the situation in regard to the recruiting of high school athletes? It at least has the advantage that open dealing and honesty have over subterfuge and hypocrisy. But this will not be enough, for more than sunshine is required to cure this patient. The Southeastern Conference will have to take further action, and a group bold enough to do what they have already done may be expected to take it. If the Southeastern Conference does nothing more, it should at least receive credit for being the unwitting instigator of the plan just recently outlined by a group of presidents of Southern Conference† colleges for improving the amateur status of intercollegiate athletics. There is no doubt but that these presidents were influenced to adopt this plan by the Southeastern Conference's bold stroke of six weeks before. The Southern Con-

[Concluded on page 31]

*The Southeastern Conference: Tulane, Alabama, Tennessee, Louisiana, Vanderbilt, Georgia, Florida, Mississippi, Kentucky, Alabama Poly, Sewanee, Mississippi State and Georgia Tech.

†The Southern Conference: North Carolina, North Carolina State, Duke, Washington & Lee, Maryland, Clemson, Virginia Poly, South Carolina, Virginia and Virginia Military.

Mr. Shaw's Letter to TIME

Sirs: From Arkansas you will hear only shouts of praise for the Southeastern Conference now that it has made some faint gesture towards frankness in its athletic-subsidizing activities.

You see, Arkansas' major export is star football players. For years our athletes have been enticed to Southern and Southwestern schools for their higher physical education. It is really quite amusing as "scouts" inundate our fair State every fall in such droves that the ordinary fan has difficulty in finding a good seat at any major high school football game. Naturally, we Arkansas fans have to take our high school football seriously, because our colleges and university cannot compete with these outside schools for players, and consequently our college football is not quite all it could be. . . . It causes quite a flurry among fans hereabout every year as our own University flops through its schedule through lack of material.

A couple of years ago the Alabama Rose Bowl team contained no less than seven former Arkansas star high school athletes. Every Southern team of importance in recent years has had plenty of Arkansas players. And how do you suppose these poor country boys got so far from home? You know the answer as well as we do. . . . So we welcome the Southeastern Conference's action. Perhaps it will increase our football player output, and perhaps the boys will be able to make better bargains.

The universities ought to make a clearcut issue between subsidizing and not subsidizing, choose one or the other, and have done with it. What most of us object to is the damnable hypocrisy on the part of these so-called institutions of higher learning. For instance, the president of Southern Methodist University was much put out at the present Southeastern Conference action. To him, it was a "fatal blow to the ethics of higher education" or something like that. Yet, when Ray Morrison, S. M. U.'s former coach, transferred from S. M. U. to Vanderbilt, he demanded of the latter a certain number of "scholarships," before he would make the switch, "scholarships" that presumably he already had at S. M. U! Presumably also he got what he asked for at Vanderbilt since he now coaches there, and yet Vanderbilt voted against the Southeastern's new rule! Is that hypocrisy, or is it hypocrisy!

One point many overlook when they decry subsidizing of athletes: The fact that many of these boys would never get a chance at higher education otherwise. I speak with special reference to these Arkansas boys who never could have gone to a university at their own expense. Many of them play high school football with the idea of subsidizing in the back of their minds. I talked last summer with two members of the Little Rock High School squad, both of whom hoped they would letter because they knew that was the only way they could get to college. The fact that every man who letters on that particular team gets at least one or two propositions seemed to be well known and taken for granted.

JOHN W. SHAW

Little Rock, Ark.

Swimming Records at Recognized High School Distances

DISTANCE AND COURSE LENGTH	NATIONAL HIGH SCHOOL RECORD	NATIONAL PREP SCHOOL RECORD	NATIONAL INTERCOLLEGIATE RECORD	AMERICAN RECORD (These marked WR are also world's records)
20-yd. COURSE <small>Pools not more than 75 yds. and not less than 60 yds. in length.</small>				
Free Style				
40 YARDS	18s. William Rollinger Academy H.S., Erie, Pa., 1931	18.6s. Abbe Shattuck School Faribault, Minn., 1928	Record of this event (discontinued) removed from books* Intercollegiate record for 60 yds. is: 29.4s. Ogden Dalrymple Univ. of Michigan, 1935	17.6s. John McKelvey Stanford Univ., 1932
100 YARDS	53.2s. Matthew J. Chrostowski Providence Central H.S. (R.I.), 1935	53.3s. Edwin Sabol Blair Acad., Blairstown, N. J., 1935	51.5s. Albert Schwartz Northwestern U., 1930	49.8s. John Weissmuller Illinois A.C., 1927
220 YARDS	2m.18.2s. John Macdonis Philadelphia Central H.S., 1933	2m.16.6s. John Macdonis Mercersburg Acad. (Pa.), 1934	2m.12.2s. David L. Livingston Yale University, 1934	2m.8.6s. John Weissmuller Illinois A.C., 1927
440 YARDS	5m.2.6s. Andrew Clark Detroit Northwestern H.S., 1935	No Record Applied For	4m.51.2s. Ted Wiget Stanford Univ., 1933	4m.43.8s. Jack Medica Washington A.C., 1935
Breast Stroke				
100 YARDS	1m.3.8s. John Higgins Providence Central H.S. (R.I.), 1935	No Record Applied For	No intercollegiate record for this distance. Intercollegiate record for 200 yds. is: 2m.26.6s. Jack Kasley Univ. of Michigan, 1935	1m.3.8s. John Higgins Providence Central H.S. (R.I.), 1935 Walter Spence Brooklyn Central Y.M.C.A., 1935
Back Stroke				
100 YARDS	59.8s. Adolf Kiefer Chicago Roosevelt H.S., 1935	1m.3.2s. Henry Stanton Mercersburg Acad. (Pa.), 1929	No intercollegiate record for this distance. Intercollegiate record for 150 yds. is: 1m.38.1s. Taylor Drysdale Univ. of Michigan, 1935	59.8s. Adolf Kiefer Chicago Roosevelt H.S., 1935
Relay Racing				
160 YARDS	1m.15.6s. Atlantic City H.S. (N.J.), 1925 (Bew, Uhl, Turner, Scheerer)	No Record Applied For	Record of this event (discontinued) removed from books	1m.11.8s. Northwestern University (W. Wilson, M. Wilson, Highland, Troup), 1932
300 YARDS MEDLEY	3m.11.6s. Chisholm H.S. (Chisholm, Minn.) (Lindgren, Vittanen, Erickson) 1939	3m.8.3s. Mercersburg Acad. (Pa.) (Mackey, Johnson, Otis), 1935	2m.59s. University of Michigan (Drysdale, Kasley, Dalrymple), 1935	2m.59s. University of Michigan (Drysdale, Kasley, Dalrymple) 1935
SHORT COURSE <small>(Pools under 150 feet and not less than 75 feet)</small>				
Free Style				
50 YARDS	23.6s. Matthew Chrostowski Providence Central H.S. (R.I.), 1935	23.8s. James H. Reilly, Jr. Rutgers Prep (N.J.), 1935 William Farnsworth Mercersburg Acad. (Pa.), 1935	22.9s. Charles Flachmann Univ. of Illinois, 1935	22.6s. Duke Kahanamoku Los Angeles A.C., 1926 Peter Flek New York A.C., 1934
100 YARDS	53.2s. Matthew Chrostowski Providence Central H.S. (R.I.), 1935	53.4s. Edward S. Wood Huntington Sch. (Boston, Mass.) 1935	51.6s. Walter Spence Rutgers Univ., 1933	51s. W. R. John Weissmuller Illinois A.C., 1927
220 YARDS	2m.18.2s. John Macdonis Phila. Central H.S. (Pa.), 1933	2m.17s. John Macdonis Mercersburg Acad. (Pa.), 1934	2m.11.5s. Jack Medica Univ. of Washington, 1935	2m.7.9s. W. R. Jack Medica Univ. of Washington, 1935
440 YARDS	5m.5.6s. James Gilhuus Detroit Southeastern H.S., 1932	4m.58.4s. John Macdonis Mercersburg Acad. (Pa.), 1934	4m.42.5s. Jack Medica Univ. of Washington, 1935	4m.40.7s. W. R. Jack Medica Washington A.C., 1934
Breast Stroke				
100 YARDS	1m.4.2s. John Higgins Providence Central H.S. (R.I.), 1935	1m.7.7s. Charles Hayward Huntington Sch. (Boston, Mass.) 1933	No intercollegiate record for this event. Record for 200 yds. is: 2m.27.6s. John Kasley Univ. of Michigan, 1935	1m.4.2s. John Higgins Providence Central H.S. (R.I.) 1935
Back Stroke				
100 YARDS	1m.1s. Albert Vande Weghe Paterson Central H.S. (N.J.), 1934	60.4s. Albert Vande Weghe Hun School (Princeton, N. J.) 1935	No intercollegiate record for this event. Record for 150 yds. is: 1m.38s. George Kojac Rutgers University, 1930	59.7s. Adolph Kiefer Lake Shore A.C., 1935
Relay Racing				
200 YARDS	1m.36.3s. Trenton H.S. (N.J.) (Mansfield, Mikowsky, Tomlinson, Stanley), 1935	1m.37s. Mercersburg Acad. (Pa.) (Stump, Hartlein, Thomas, Johnson) 1934	Record of this event (discontinued) removed from books	1m.34.8s. New York A.C. (Howland, Fissler, Kojac, W. Spence), 1931
400 YARDS	4m.6/10s. Atlantic City H.S. (N.J.) (Scheerer, Bring, Turner, Uhl), 1925	No Record Applied For	3m.34s. Yale University, 1935 (Rogers, Cooke, Wilson, Livingston)	3m.31.6s. New York A.C. (Fick, Howland, L. Spence, W. Spence), 1934
150 YARDS MEDLEY	1m.26s. Trenton H.S. (N.J.) (Mikowsky, Hough, Stanley), 1935	1m.26.5s. Mercersburg Acad. (Pa.) (Mackey, DeBruyker, Otis), 1935	No event	1m.38.6s. Tom Haynie Detroit A.C., 1935
300 YARDS MEDLEY	3m.10s. Providence Central H.S. (R.I.) (Chrostowski, Higgins, Soltysiak) 1935	3m.12.8s. Mercersburg Acad. (Pa.) (Mackey, Johnson, Otis), 1935	3m.8/10s. University of Michigan (Drysdale, Kasley, Dalrymple), 1935	2m.57.7s. Lake Shore A.C., 1935 (Kojac, L. Spence, W. Spence) 1932

This is the first year in which high school and prep school records appear separately. It is also the first year for similarity of nomenclature between A.A.U. and school and college records.

The organization which officially registers world's records is the F.I.N.A. (Federation Internationale Natation Amateur). The F.I.N.A. lists one set of records only, but provides that those for distances up to 500 meters must be established over courses of not less than 25 yards, those for distances beyond 500 meters over courses of not less than 50 meters.

The F.I.N.A. does not list records for 100 yards breast and back stroke, nor for distances longer than 500 meters at the former style, and 400 meters at the latter.

—L. DE B. HANDLEY.

Interscholastic and intercollegiate records approved by the N.C.A.A. Swimming Records Committee.

American records approved by the A.A.U.

World's records approved by the Federation Internationale Natation Amateur.

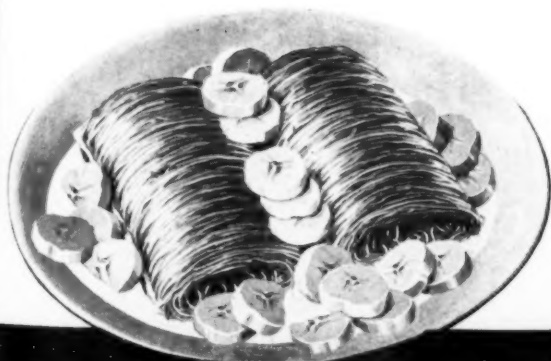
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For Shredded Wheat steps in with real nourishment, real food value, that every athlete needs.

Of all grains, wheat is the champion. It stands out on top with Nature's most perfect balance of vital food essentials. And Shredded Wheat is 100% whole wheat—nothing added, nothing taken away. It supplies the carbohydrates, vitamins, proteins and mineral salts that help produce energy, endurance and general body fitness.

Recommend Shredded Wheat to your teams. Tell them to eat it at least once a day. They'll dive in with lusty appetites, too. Because Shredded Wheat is not only rich in nourishment—it's a real treat to eat, crisp and tempting.



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BULLETIN..

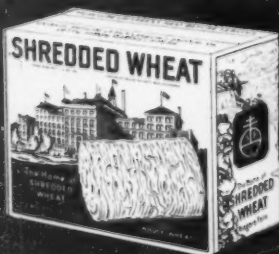
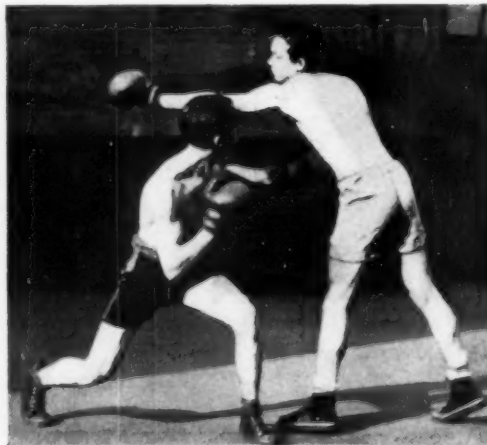
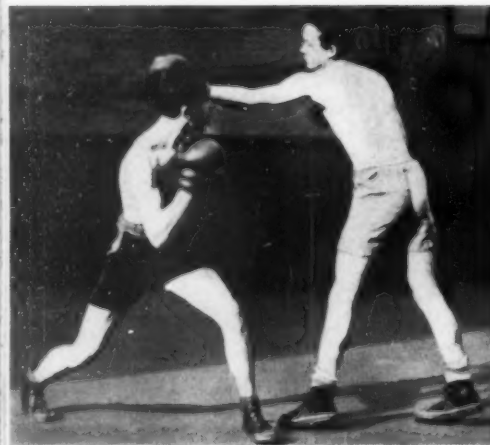
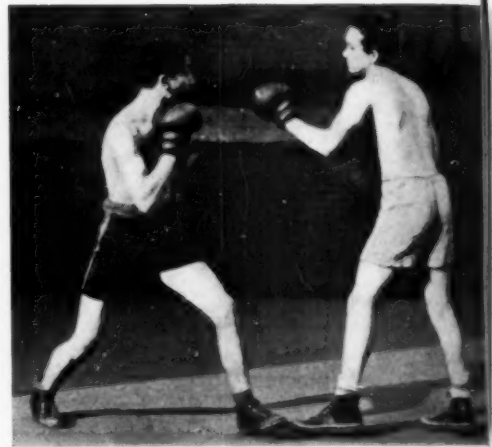
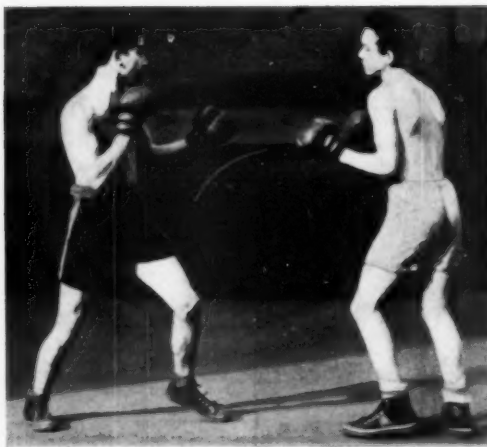


SPIKE WEBB
Boxing Coach
U. S. Naval Academy
ANNAPOLIS

COACH SPIKE WEBB SHOWS YOU THE SIDE STEP WITH LEFT HOOK TO THE BODY!

Coach Spike Webb attributes much of the success of his boxers to the **SIDE-STEP WITH LEFT HOOK TO BODY**. This maneuver was discovered or originated while he was coaching Gene Tunney for the Inter-Allied Army Games at Paris, France, right after the close of the World War. Noticing the remarkable effectiveness of this maneuver he taught all his boxers how to use it.

To utilize this maneuver it is first necessary to get your opponent to lead with a left, which can be done by a series of feints, and then, as the lead is about to reach your face, quickly move your body to the right and at the same time move your left foot to the outside of your opponent's left foot. (Follow the action pictures below.) In most cases the lead will pass across your left shoulder, and will leave your opponent's body wide open for a telling left hook.



**EAT SHREDDED WHEAT FOR REAL
NOURISHMENT . .**

ONE OF A SERIES OF POSTERS
ISSUED BY SHREDDED WHEAT

A Product of NATIONAL BISCUIT COMPANY

WHAT HAVE WE, SCREENING OR BLOCKING?

THE widespread publicity attendant upon the college basketball games in Madison Square Garden to which teams from all sections of the country come to meet New York college teams and leave feeling that they have been victimized by a distorted interpretation of the screening-blocking rules, raises the question as to just what the new basketball capital* of the United States uses as a rule book. Coaches departing from Broadway return to their Main Streets muttering anathema against New York's heretical officials,† and charge New York with "writing its own rules."

That is exactly what New York has done. But do not think that New York has re-written the entire rule book. Indeed no. New York has only undertaken to re-write the definition of blocking, a sensitive point of basketball law ever since Dr. Naismith suspended that peach basket from the balcony of the Springfield College gymnasium nearly a half century ago.

"Blocking is personal contact which impedes the progress of an opponent who has not the ball," says Rule 7, Sec. 12 of the official, national basketball rules. To this New York† adds:

"... with the following exception: If a player with the ball attains a position on the floor which results in cutting off an opponent and, subsequent to passing the ball, makes any movement or motion which actually impedes the progress of the opponent so cut off, a block has been committed, even though no personal contact has taken place.

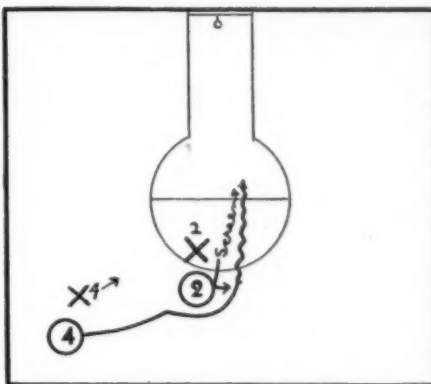
"The following interpretation should be noted: A player on offense who has not the ball and who attains a position on the floor which results in cutting off an opponent, commits a block if personal contact occurs with the opponent so cut off."

This exception to the national rules is in effect an abrogation of the basketball principle: "A player is entitled to any position on the floor." If personal contact results when two opposing players try to occupy the same position on the floor, the foul may be on either player, with the greater responsibility on the player who is attempting to screen, if it is that sort of a

*With apologies to the state of Indiana, heretofore regarded as the basketball capital of the United States. But the capital is now New York City, what with the super-program of intercollegiate college games at Madison Square Garden, and the concentration there in April of the American Olympic basketball finals among eight teams: four to be chosen by the N.C.A.A., two by the A.A.U. and two by the Y.M.C.A.

†They are only acting under orders. See below.

‡We use "New York" loosely here. The addition to the rules is sponsored by New York colleges, the Army at West Point, two New Jersey colleges, and the colleges of the Eastern Intercollegiate League (Columbia, Harvard, Princeton, Yale, Dartmouth, Pennsylvania, Cornell), and as such becomes the standard to which officials of the metropolitan New York district must adhere.



DIAG. 1

Running interference (screening) by 2 after he has passed to his teammate 4 at point shown by arrow. In New York this is a foul whether or not contact occurs between 2 and an opponent attempting to guard 4. Elsewhere, no foul would be called if personal contact did not result; and if it did, the foul might be on either player involved in the contact. Under the N. Y. interpretation, 2 must be careful how he moves after passing the ball to 4, and be innocent of intent to screen.

situation. The foregoing is the national rule-book interpretation. But according to the New York interpretation, the foul is on the player on offense when contact occurs, except that the player handling the ball may serve as a screen if he makes no screening move after passing the ball. If he makes such a move, he is guilty of blocking whether or not personal contact occurs.

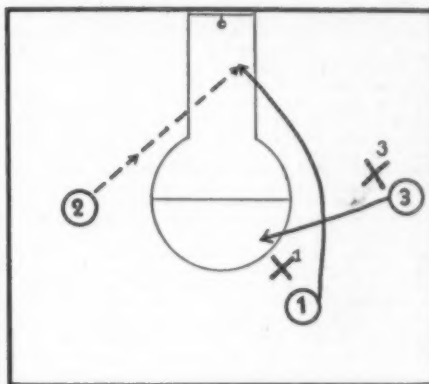
For instance, the situation in *Diag. 1* is a foul in New York. Player 2, a pivot, passes to 4 at the point indicated by the arrow, and runs right along with 4 to shield 4's dribble from either X¹ or X⁴ or both. A similar screen by the ball-handler is shown in *Diag. 4* on the next page, a situation which occurred twice in the game between Geneva College of Beaver Falls, Penna., and City College of New York. 1 passed to 2 and ran between 2 and X² and was called for blocking at point B, although no contact had occurred.

Regarding the situations shown in *Diags. 1 and 2*, Scholastic Coach sought the opinions of a number of basketball's brain trust. They follow:

Oswald Tower, editor of the *Basketball Guide* and Official Interpreter of the Rules:

"In response to your letter of Jan. 3, I am glad to give you my views on screening and blocking.

"It is essential, first of all, to have a clear conception of the two terms. Screening is a legal play and means cutting off the approach of a player who does not have the ball without causing personal contact. Blocking is personal contact which impedes the progress of an opponent who has not the ball, and because it involves personal contact it is a personal foul. Screening is legal because it is based on the principle that a player is entitled to any position on the court which he can attain without causing personal contact. Any team which uses screening as a fea-

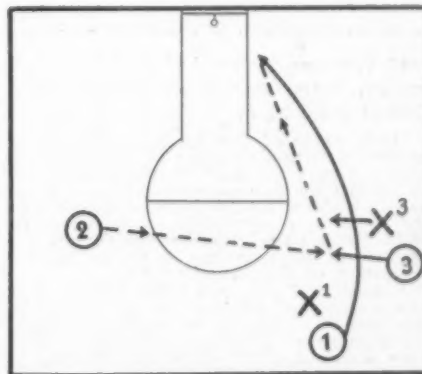


DIAG. 2

Player 2 has the ball. To free 1 on his cut for the basket, 3 moves as shown, 1 cutting around the screen. As X¹ turns to cover 1, he collides with 3. Suppose when X¹ bumped into 3, that 3 was standing still: on whom should the foul be called? 3, it is readily seen, is in a good position to receive a pass from 2. If the pass is made to 3, and X¹ collides with 3, 3 would not be called for blocking in New York; but he would be if, instead of passing to 3, 2 passes to 1.

ture of its offense, and makes a success of it, must be skillfully coached and thoroughly drilled in the timing and other phases of the execution of its plays. With clumsy players or poorly trained teams, screening merges quickly into blocking and becomes a boomerang to those attempting to use it.

"The interpretation of blocking which has been sponsored for a number of years by a group of coaches and officials in the New York area is definitely contrary to the Official Rules of the National Committee. Moreover, it is out of line with the practice in all other parts of the country. This is an unfortunate situation, and one that has been emphasized by the games in Madison Square Garden. Teams from other sections are flabbergasted to have fouls called on them for plays which are legal according to the Official Rules, which involve no personal contact, and which are in harmony with any interpretation known to them. Their confusion is increased when many definite fouls are ignored—a priori fouls for holding, pushing, tackling from the rear—types of contact that cannot be excused on the grounds that they are incidental to fast, rugged play. Every basketball fan in the

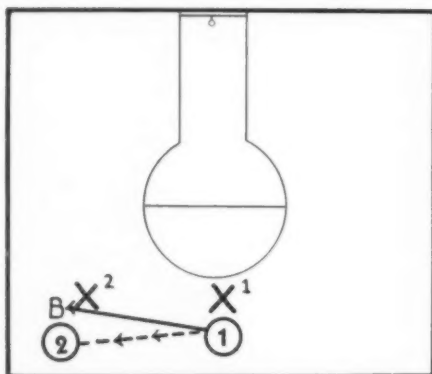


DIAG. 3

Here is the *Diag. 2* situation with the pass going from 2 to Screener 3. 3 loops a pass over the head of his guard X² to 1 cutting for the basket. Even in New York 3 is entitled to screen thus, regardless of whether X¹'s progress is impeded, but 3 would be guilty of blocking if he did the same thing and did not handle the ball, as in *Diag. 2*. After passing the ball, however, 3 must not, in New York, make additional screening movements, for he would then be guilty of blocking whether or not personal contact resulted.

East is pleased at the success of the thrilling basketball spectacles which have been staged at Madison Square Garden, and the only sour note in this connection arises because the New York area is out of tune with the rest of the country in a few phases of officiating. Incidentally, it may be predicted safely that the Olympic Play-Offs which are tentatively scheduled for the Garden early in April will not be played under any interpretations which conflict with the Official Rules, nor will any official serve who will not administer those rules.

"The foregoing answers your general query about screening and blocking. The questions concerning the two specific situations which you diagram cannot be answered so definitely. In **Diag. 1**, player 2 seems to be screening (playing legally) and therefore if X2 or X4 bumps into 2, there is a foul on X2 or X4 for charging. If 2 moves a few steps, then comes to a stop, and then contact occurs between 2 and X2, the decision is not easily made without actually seeing the play. X2 may have been moving rapidly and 2 may have jumped into a position in X2's path so suddenly that the latter could not avoid contact. In this case it would be a foul on 2 for blocking because 2 was primarily responsible for the contact.



DIAG. 4

When 1 passed to 2 and ran between 2 and X², Geneva College was penalized for blocking at point B, even though no personal contact occurred.

"In **Diag. 2** the decision would be based on the same reasoning as in the last part of the foregoing paragraph. Player 3 is entitled to take the position indicated provided he can get there without causing contact. He might, however, move into that position so suddenly that X1 could not avoid contact, in which case the foul would be on 3. If contact occurs when both players are in motion, with, as you state, X1 bumping into 3, the foul is on X1 unless 3's action was such that X1 could not avoid contact. On any of these plays the official must try to decide which player is actually responsible for the contact, being guided by the apparent intent of the players. If contact results from an attempt to screen, the foul may be on either player, or both, but the greater responsibility is on the player who is attempting to screen."

H. V. Porter, National High School Federation representative on National Basketball Committee:

"It is my belief that the attempt to set up certain non-contact situations which are fouls in some instances and legal in others, depending on which team is in possession of the ball and on which player has possession, is merely making unnecessary complications and setting the stage for a lot of troubles for the officials, charges and countercharges by coaches and dissatisfaction on the part of spectators.

A number of years ago before the screening rule was drafted we had such a condition in this locality (Illinois). It reached the point where on almost every move of a player there were claims that the player was blocking. It was not uncommon to have the crowd whipped into a frenzy by some loud-mouthed individual yelling "Can't you see that blocking?" or "Kill that blocker." Any coach or spectator could always produce an alibi that could not be refuted to the effect that the favored team was blocked out of almost every play. Because of this unhealthy condition, a thorough study was made of the matter of blocking. Slow-motion pictures were used extensively and players were asked to set up various blocking situations. The result of all this investigation was that most of the evils which had been laid at the door of blocking were found to be imaginary.

"The position a player takes on the floor can unfairly hinder the movement of an opponent only in case there is actual contact or in case a player covers an undue amount of space through the use of extended arm, elbow, knee, hip or shoulder. It is not a difficult matter for an offi-

cial to determine what constitutes a normal amount of space which might be occupied by any given player and when contact is the result of his undue use of elbow, arm, etc., it is a plain case of interference, holding or blocking or whatever you desire to call it. Since the penalty is the same for all of these personal fouls it does not make any difference whether you call it blocking or pushing or holding.

"The problem is the same. If there is personal contact which is of such a nature that a foul must be called it is the duty of the official to determine who is at fault. He has this distinction to make whenever a charging foul occurs. There are often charging fouls which result from contact of two players each of whom is moving. The official must decide as to which player is at fault or whether both of them are at fault. The problem is very little different from that which some people choose to call blocking and when anyone tries to figure out all the possible places into which a player is privileged or not privileged to move even if there is no contact they are setting up a problem which is certain to cause more ill will and indecision than if they were honest in the matter and simply reduced the matter to contact or no contact.

"As far as this locality is concerned the matter of blocking and screening is almost no problem. As a matter of fact during my attendance at interpretation meetings, during the last two years this problem has scarcely been mentioned. In the hundreds of requests for interpretations and comments I have received from officials and coaches in this locality not a single one of them this year has been in connection with a blocking or screening situation. Our people have simply accepted the rule as it is written. All good teams set up screens when they are opposed by a close man-for-man defense. It is taken as a matter of course and spectators get as much enjoyment out of seeing the shift in style of play as they do from any other department of the game. If an opponent uses a zone defense screens are seldom used. If they shift to a man for man defense then the clever team attempts to spot its players and move them about in such a way as to liberate a player for a set-up shot. If a defensive team is so inexperienced that they do not shift men when one of their number is caught on the wrong side of an opponent the general sentiment is that the team should suffer defeat."

George R. Edwards, secretary, The National Association of Basketball Coaches:

"The situations covered in your letter of Jan. 3 have been discussed by coaches and officials in this territory many times. Calling of fouls on the plays is surprisingly uniform despite the fact that we have some warm arguments during theoretical discussions. Some qualifications are necessary to cover the interpretations on each situation.

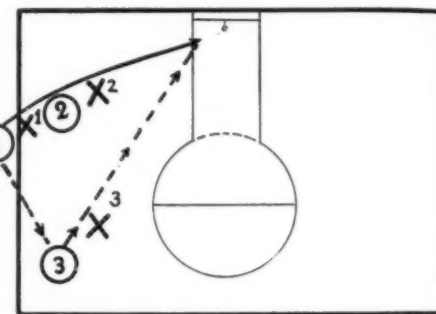
"**Diag. 1**, 4 passes to 2 and goes around 2 for the ball. After the pass, 2 runs parallel to his teammate screening him on the drive for the basket.

"If X2 is standing on a line between 2 and the basket when 2 attempts to move parallel to 4, then it is obvious that 2 will run directly into his guard. We consider that 2 may be called as fouling in this case.

"If X2 is NOT on that line and 2 performs the running screen the play is legal—in fact a foul may be called on X2 if, when attempting to guard the ball-holder, he shoves 2.

"In other words, it depends upon whether 2 is cutting for the basket either has an open path as he starts or seeks such a path. If he does either, he is not likely to be fouled. However, if he runs into a guard who has assumed a position in his path, then he has fouled.

"We have many cases in which 2 starts his drive, finds the guard in his way, then attempts



DIAG. 5

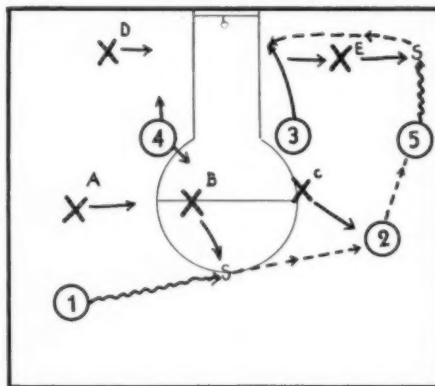
This is probably basketball's earliest block play, and is perhaps the simple little maneuver that started basketball players moving about the floor with intent to impede an opponent's progress, rather than to handle the ball. John Murray, well known New York official, remembers this play from 30 years ago; then, as now, he regarded it as contrary to the principles of basketball, and therefore, a foul. "I do not think any one connected with basketball will deny X1 the right to follow his opponent, 1, as 1 cuts for the basket to receive return pass from 3. Surely he has the same right to the playing space on the floor as any other player in the game," comments Murray.

to slide between the guard and 4 while the guard moves to prevent being screened. Both men are maneuvering rapidly and arrive at a spot at the same time. The resulting collision may be called a foul on either man; or both; or termed legal play by both. The decision rests with the official's judgment. I might add that, in most of these cases, the officials around here hit a high average in proper placing of the responsibility, although one side or the other may complain in individual situations.

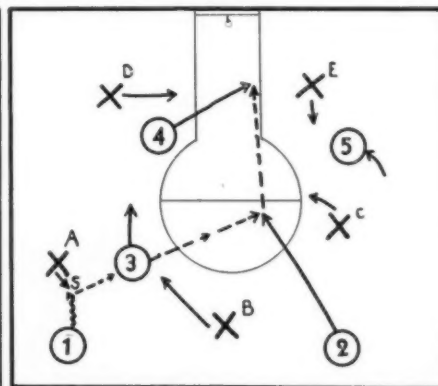
"If 2 moves a few steps in what is considered an open path and then stops after which personal contact occurs between X2 and 2, the play may be called several ways. If 2 reaches a spot before X2 does and simply stands there he has

[Concluded on page 31]

No blocking or screening when zone meets zone



Diag. 6



DIAG. 7

Diagrams at Madison Sq. Garden by Wm. H. Simpson

Screening and blocking would present no problem anywhere if zone defenses were universal. Nat Holman's City College (New York) team, like others when confronted with a zone defense, launches a zone, bounce-passing attack. Two plays, diagrammed from life in Madison Square Garden, are shown above. In **Diag. 6**, 1 dribbles until stopped by XB at point S, and passes to 2 who is standing still. As XC moves to cover 2, 2 bounce-passes to 5, who dribbles into corner to draw XE over. If XE comes over, 5 passes to 3 cutting in. Numerous alternatives present themselves for openings, depending on the response of the defense. Short, snappy, continuous passing is essential. In **Diag. 7**, 1 dribbled up to XA, passed to 3, who passed to 2. As XC moved to cover 2, 2 passed to 4 cutting on a diagonal into area XE vacated because of the approach of 5 to whom 3 would have passed had XE moved to cover 4.

THE "WHAT DO I GET OUT OF IT" ATTITUDE

By John B. Shepard

Mr. Shepard is director of boys' physical education, coach of track and lightweight football, at Eagle Rock High School, Los Angeles.

WITH the question of frank and open payment on the part of colleges for the services of their athletes before the public, sports directors and coaches in the high schools have occasion to be concerned over the probable effect of this condition on high school athletes. Not that it has ever been a secret that universities and colleges subsidize their athletes, but the condition has never been so well publicized as it is today; and, as witness the action of the Southeastern Conference in resolving "that athletes may receive for their athletic services any aid, such as scholarships, work or other financial assistance," the condition has never until now won official acknowledgment.

It is not the purpose here to commend or condemn this tendency on the part of colleges toward open endorsement of subsidization of athletes. The writer is concerned here only with the high school athlete, who is in an altogether different environment than the college athlete. Yet, the conditions existing in colleges are bound to affect to some extent the high school conditions, particularly in view of the fact that high school boys are so familiar with what is going on in college athletics, and are so strongly influenced by them.

In this unescapable situation, we are bound to find high school athletes more and more looking upon sport in the manner in which it is commonly looked upon by the college "athletic scholarship" men—as something from which to derive reward, rather than something to be participated in for its own sake as a privilege afforded by the school. If the "what do I get out of it" attitude continues to grow among high school athletes, there will develop a cynicism and commercial turn of mind that will be at opposite purposes to the ideal of education—

the ideal of training for social service.

These words are not intended as an alarm to make seem analogous the athletic situations in high schools and colleges. There are many factors operating to prevent the high school from becoming as commercial in athletics as the college. It is not so much the actual practice of commercialism that the writer wants to consider here, but rather the state of mind of high school athletes—their attitude toward their sport and their school. What can we do to offset the influence of college athletics on our high school boys toward looking upon athletics as a service they (the athletes) are rendering to the school which merits special consideration or reward?

High schools have made great strides, in many instances, by elimi-

for athletics to meet certain requirements, namely: (1) physical, by examination; (2) scholastic; (3) a certificate attesting that the student is not a member of a secret fraternity and that he will not join one.

In addition, each Los Angeles high school may set up other regulations as desired. At Eagle Rock we start with the athletic application card to bring in emphasis on the point that participation in athletics is a privilege, and not a job calling for reward. The accompanying facsimile of this card is self-explanatory.

Prior to January 1935 the parent's consent card and the student's athletic application card were on separate forms, but since that date they have been put on one form. The fraternity affidavit, however, is still separate.

The present card is 5 x 8 inches, and the following procedure is observed in issuing and filing it:

1. Issue the cards to candidates the latter part of the semester previous to the season of sport. (Example: Football applications are issued the latter part of the spring semester and all clerical work, such as checking the scholastic record, is done during the summer.)

2. The applicant takes the card home,
 - a. Personally signs the application.

- b. Secures consent of parents.
- c. Completes information relative to birthplace and date.

- d. If going out for athletics for the first time he secures a Fraternity Affidavit.

3. Applicant returns card to department office.

4. If applicant has previously been a member of an athletic squad, the fact that a fraternity affidavit is in the permanent file is noted.

5. The candidate is classified according to the three-point scale.

6. The physical examination is completed.

7. The identification tab is detached and kept at the department office to indicate that an application has been filed.

8. The application card is forwarded to the credit clerk who checks:
 - a. Citizenship record.
 - b. Number of semesters.
 - c. Solids passed previous semester.

9. The card passes from the credit clerk to the vice-principal who examines the data and if satisfactory signs at the proper place thus granting the applicant permission to try out for the team.

[Concluded on page 31]

Athletic Application for _____

Name _____ Sport _____

I hereby apply for the privilege of trying out for the _____ team in the _____ semester.

I recognize my responsibilities if I try out for the above sport. I will make it a point to govern myself that my connection with the sport will bring honor to it and the school, and expect to be asked to withdraw from the team in case I do not.

If extended the above privilege I will:

- I. Train consistently as advised by the coach.
- II. Not smoke during this semester.
- III. Make a serious endeavor to keep up my studies.
- IV. Do all in my power to help keep athletics desirable.
- V. Make it a point to abide by the rules and regulations of the student body.
- VI. So conduct myself at other schools that I will bring credit to my team.

I promise on my word of honor to do the above.

Signed _____

Date _____

PARENT'S CONSENT

I hereby give my consent for my son to participate in the _____ program sponsored by Eagle Rock High School.

I, furthermore, release the said school from all liability for injuries received by my son during, or resulting from participation in this program, whether it be during practice or in an interschool contest.

In addition, I hereby release the school from all liability for injuries received by the participant while on route to or from contests which are held at other schools.

Name _____ Phone _____

Address _____

This boy was examined _____ and is qualified to participate in interscholastic athletics.

This student is eligible to try out for the above sport.

Parent's Signature _____

Form for Students Applying for Privilege of Participation in Athletics

nating rewards, or limiting them to items of negligible value. Thus, most of the better high schools are giving athletic awards of no more intrinsic value than they give for achievement in any other phase of school activity. What other practices can be set up to inculcate a more wholesome attitude toward interscholastic sport in our students? At Eagle Rock High School we have for a number of years moved in what we believe to be the right direction by employing devices which impress upon athletes and their parents the standards which we hope to maintain in our athletic program. The objective is to have athletes regard interscholastic sports as a privilege afforded them by the school, and not as a special service they are doing for the school.

Los Angeles high schools, like thousands of others, require the candidate

FOOTBALL COACHES, N.C.A.A. CONVENTIONS

ANNUALLY, when college athletic administrators get together, they find their sessions dominated by what has come to be known as the "paid player problem." This winter's meeting of the National Collegiate A. A. was no exception. Because of the recent action of the Southeastern Conference in sanctioning aid, scholarships "or other financial assistance" for athletes, the N.C.A.A. convention in New York over the Christmas holidays was particularly keyed up for discussion of this perennial problem.

Meeting at the same time with the N.C.A.A., in the same hotel, the American Football Coaches Association gave little thought to the "paid player problem," preferring to let its relationship to that problem rest on the remote reference to it in the report of Clark D. Shaughnessy, football coach, Univ. of Chicago, and chairman of the Association's Ethics Committee. Shaughnessy said that a coach is not likely to do anything that he knows the college does not want him to do. "Some colleges hire a coach for what others would fire him for," Shaughnessy said. The gist of Shaughnessy's report was that with colleges having such varying standards, the Football Coaches Association could not expect its members to observe a code of

ethics allegiance to which would make it impossible for some of them to hold coaching jobs. The report went on to state "coaches should not in any way be held responsible for getting material."

The N.C.A.A., whose representatives are, in the main, the men who have most influence at their respective colleges when it comes to hiring and firing football coaches, refused to follow the lead of the Southeastern Conference in sanctioning financial aid for athletes. On the contrary, the N.C.A.A. took cognizance of the Southeastern Conference's action by censoring it in the following terms:

"That the N.C.A.A. reaffirm its unalterable adherence to the principles and practice of strict amateurism in the administration of intercollegiate athletics.

"That it regrets that the recognized and inherent difficulties in enforcing amateur rules should ever be responsible for leading any of its members to compromise these principles.

"That this association regards any relaxation in the administration of amateur rules as a serious threat to the very life of amateur sport; further, that the present situation represents a real emergency which calls for a mobilization of all the resources of the member institutions—particularly the presidents and boards of trustees, who have final power and responsibility for university policies and whose sympathetic and effective support of faculty committees and athletic directors is essential to success in their effort to combat these evils."

Since the above resolution is but a re-statement of the N.C.A.A.'s established policy, a policy which has not succeeded in correcting or bettering football professionalism in colleges, the question naturally arises as to why the N.C.A.A. doesn't go beyond the resolution-passing stage in its fight on the evil. Major John L. Griffith, N.C.A.A. president, answered this question:

"If the N.C.A.A. attempted to assume the responsibility of ordering the conduct of the colleges of this country, then the small, homogeneous groups called conferences would gradually become ineffective and ultimately they would be destroyed.

"What, then, can this association do? We can go on in the future as we have done in the past, depending upon educational methods, urging that the colleges that do not maintain teams composed of mercenaries compete with like institutions of like ideals."

Other officials, coaches heard

It is the custom, when the meetings are held in New York, for the Sportsmanship Brotherhood to hold its annual meeting and luncheon, and discuss some timely problem of sportsmanship. This time it was the "spectator problem," and the Brotherhood had several distinguished sportsmen and educators present their points of view. Walter Okeson, treasurer of Lehigh Univ., and chairman of the N.C.A.A. Football Rules Committee, said that football today is attended by "too many of the rabble to whom the game is but a Roman holiday. Once the game was everything and the crowd was composed of people who loved it as a game."

Now the spectators are less interested in the game than in what it offers them as a week-end outlet for playing the hoodlum. The only remedy, Okeson said, lies in bringing home to these people how ridiculous and disgusting are their actions in the eyes of the real football public.

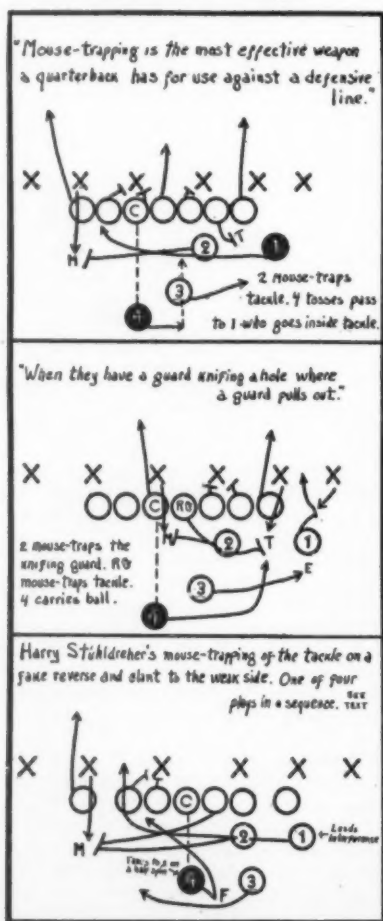
Dr. William Mather Lewis, president of Lafayette College, referred to the non-college element among spectators as the "stepsons of Alma Mater." "It is remarkable what alcohol and a love for Alma Mater will do when properly combined," he said. He referred to the football season as the time of the year when the air is filled with "punts, plaudits and publicity."

Dr. Marvin A. Stevens, football coach at New York University, suggested strong-arm methods in handling the hoodlums. "If we are to continue to accept these hoodlum dollars, we will have to pay for extra police to make them behave. Let us train our youngsters in sportsmanship by all means, but if they then do not behave when they grow up and come to our games, let us hire uniformed policemen to throw them out."

Not many of the football coaches were to be seen at the Sportsmanship Brotherhood luncheon or at the general open session of the N.C.A.A. and the coaches. The football coaches preferred to gather in the lobbies and corridors for sociability's sake, and only when the meeting was offering talks on technical football subjects or moving pictures of the past season's big games, would they flock into the convention room. Movies of Ohio State, Notre Dame, Army, Michigan, Northwestern, Pittsburgh and Southern Methodist games kept the coaches in their seats for hours at a stretch. And when, at intervals during the two-day session, one of their number took the platform, and with chalk in hand, began analyzing some phase of football strategy, they were all back in their seats, attention-rapt. Most interested were they in what Carl Snively, football coach at the Univ. of North Carolina, had to offer on the forward pass, and what Fred Swan, Pop Warner's assistant at Temple Univ., presented in the way of mouse-traps. (See diagrams on these pages.)

Few high school offenses have reached that stage of performance where they can afford to depart from conventional blocking to beat a path to the more complicated art of mouse-trapping. Yet every coach is fascinated by this rapidly developing strategy of letting a defensive lineman come across the line of scrimmage only to slap him down from some unusual quarter at some unexpected angle. Defensive linemen who have been victimized by the strategy come sooner or later to heed the famous warning issued by coaches: "When they let you in for nothing, beware!" Coach Swan called mouse-trapping "the most effective weapon a quarterback has for use against a defensive line." The best mouse-trap Swan ever saw is in the repertory of Coach Harry Stuhldreher's plays as used by his Villanova College team. This mouse-trap is shown in the third diagram to the left: Back No. 4 half-spins and fakes to No. 3, then slants inside the defensive left tackle who is mouse-trapped by the right guard and Back No. 2. There are four plays in this sequence: The fake reverse inside tackle (the one diagrammed); the reverse inside end; a wide reverse to the short side; and a sucker play on the guard.

Mouse-traps



Coach Snavely's strategy for deception in forward passing brought many a pencil and odd piece of paper to the laps of famous coaches who ordinarily disdain the classroom practice of note-taking. What they took down is shown in the diagrams on this page. In the second diagram (Snavely's long pass arrangement) possible receivers are indicated in the order in which the passing back, No. 4, makes his choice. But No. 4 must carry out a fake to the first choice (the right end) even though he decides not to pass to him. He, No. 4, will fake to the right end and then pass to the left end who cuts this side of the safety man. The right end will look for the ball and fake reception over his left shoulder. If the pass is really made to him, he turns and takes it over his right shoulder. The wing back, maneuvering in the third choice, times his swing around the secondary defensive man on his side, so that if the pass is made to him he will receive it just as he has completed his turn-around and is on the start of his pick-up in speed.

Highlights from other speakers and committee chairmen reports follow:

Charles E. "Gus" Dorais, football coach, Univ. of Detroit, suggested that a committee be formed to investigate the various bowl games, such as the Rose Bowl, Orange Bowl, Sugar Bowl, etc., to determine whether they are "healthy appendages or cancerous growths."

Dan McGugin,* athletic director and former football coach, Vanderbilt Univ.—"The resolution of the Southeastern Conference [of which Vanderbilt is a member—Ed.] sanctioning financial aid to athletes is not an open warrant for the recruiting of athletes. It was devised and approved by faculty members of the conference. The athletic directors had no part in it."

J. Wilder Tasker, football coach, Rutgers Univ.—"Football officials over forty years of age should be dropped from active service. Each official should have a physical examination before each season."

Tasker had taken a mail vote of the coaches in advance on the question of retiring officials at certain age; and among seventy percent of the coaches the vote was a tie on the particular question of retiring officials at the age of 40. Thirty percent of the coaches voted in favor of retiring officials at the age of 45.

Dr. Winthrop M. Phelps, medical adviser to the Yale teams—"The doctor to the football team should be one who understands the game, and who is acquainted with the boys as individuals. The ideal doctor should have been a football player himself."

Francis Schmidt, football coach, Ohio State Univ.—"The lateral pass can easily be abused by players if they are given too much freedom in its use. Some players should not be permitted to lateral pass the ball. The act requires a fine sense of tim-

ing, and a ball-handling ability not found in every player. The boy who is not nimble in his fingers, who does not possess a "basketball feel" of the ball, will not be successful. Failure in making good connections with laterals is often the fault of the receiver. By a little deception, a change of pace, a delayed start, a pivot here, a faked start there, a receiver can often convert a hopeless situation into one that nets a nice gain."

Floyd R. Eastwood, New York Univ. instructor and chairman of the American Football Coaches Assn. Committee on Football Injuries, reported that high school football squads emerged from the 1935 season with a better casualty record than their college brothers. He estimated that there were 55,440 accidents resulting in injuries in the 66,000 high schools throughout the country, or an average of 90.3 per thousand squad population. For the 829 colleges he estimated 9,900 injuries or an average of 150 per thousand of squad population. As a result, high school players lost an estimated total of 858,704 days, while college players lost 139,590 days. The estimates were based on weekly reports from 124 high schools in 35 states and 99 colleges in 38 states, having a total squad population of 5,648 and 5,728, respectively. The fatality results were 2.4 per hundred thousand players for high schools and 4.5 per hundred thousand for the colleges.

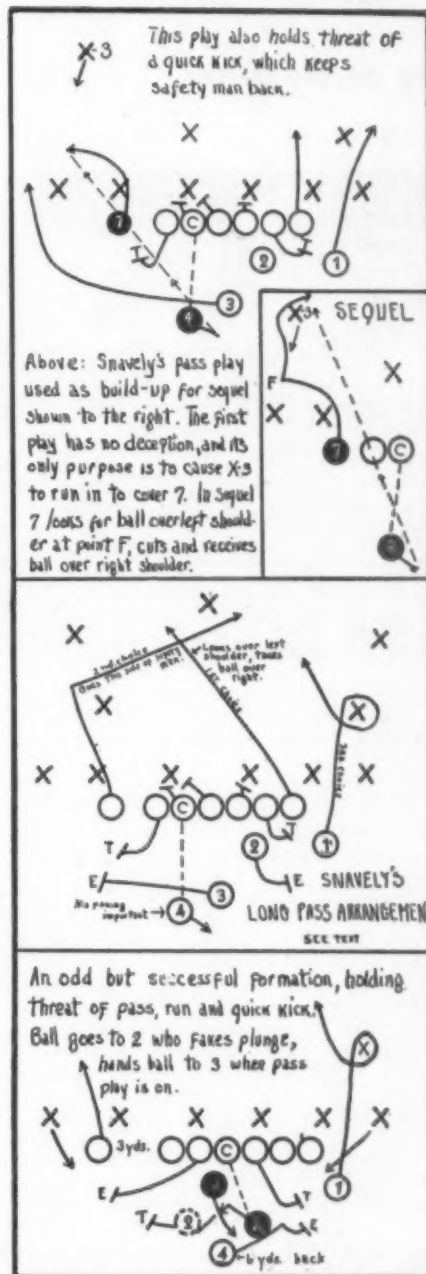
In 1935, 30 fatalities were reported up to December 19, as against 25 for a similar period in 1934, an increase occurring in each of the high school, athletic club and sand lot classifications. There were 15 deaths among high school boys as against 13 for 1934; 7 deaths among athletic club players as against 4 the previous year; 11 among the sandlotters as compared with 9; and 3 in the college group as against 4 last year. The high school death rate continued its steady climb so that at the end of the season it was 34% higher than in 1931.

In all groups, 101 or 69% of the 147 fatalities were the result of injuries to the head or the spinal vertebrae, while 35, or 24% were the result of injuries to the abdomen. Tackling accounted for 42% of the deaths, blocking for 13%, being tackled for 12%, being kicked for 8%. Miscellaneous accidents made up the difference.

The majority of those killed and hurt were halfbacks, tackles and ends in the order named. Most of the fatalities and injuries occurred during the first or fourth quarters of the game while the peak casualty week of the season was the third in October.

Eastwood said that the increased co-operation of secondary schools and universities had enabled his associates to arrive at a clearer understanding of the football accident problem this year. It was found, he said, that the most serious accidents occurred to the youngest players in high schools—those aged 14—while students aged 17 had the most. In colleges, the 20 and 21 year old players suffer the highest accident frequency while those of 25, who make up only a small part of the total squad population, suffer the severest injuries.

Snavely Strategy



The majority of injuries in both groups occurred to lower extremities—the pelvic girdle, thigh, knee, leg, ankle and foot. High school boys usually receive muscle and tendon injuries, while college players receive ligament and cartilage injuries.

Reporting on the causes of football accidents, Professor Eastwood said that 34% were associated with faulty leadership, 6% were equipment and facilities, and the remainder, 60%, with the nature of the game itself.

"The outstanding causes associated with leadership are fundamentally the same in high schools and in colleges, namely, awkwardness, unnecessary roughness, carelessness, and the presence of old injuries. Awkwardness indicates a condition which could be corrected by a slower conditioning process. Unnecessary roughness is primarily caused by the attitude of the coach toward unsportsmanlike play. Carelessness could be corrected by better coaching techniques and specific training in learning how to fall after being hit.

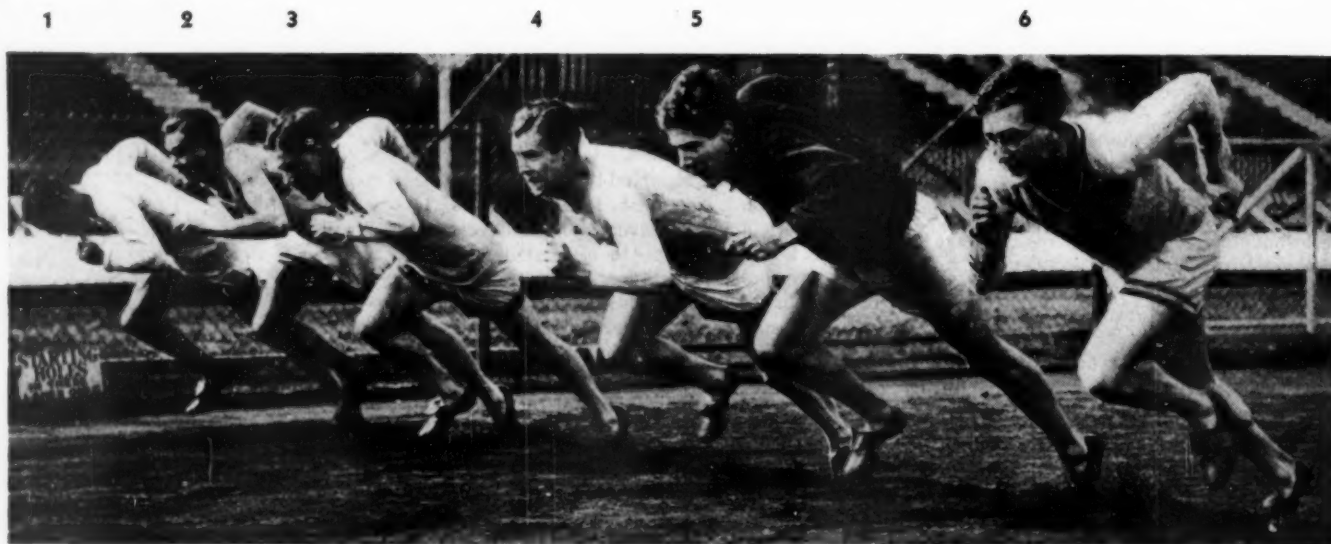
"Causes due to the nature of the game are interpreted to mean that rules alone will not lower the injuries appreciably. Three exceptions exist: 'kicked by an opponent,' 'knocked by an opponent,' and 'under a pile up,' which may provide suggestions for rule changes."

*Dan McGugin, for 31 years football coach at Vanderbilt, died unexpectedly on Jan. 19 of a heart attack. He had been visiting at the home of his law partner, John R. Aust, in Nashville, when he succumbed to the attack. Col. McGugin was 56 years old. He retired as Vanderbilt coach at the end of the 1934 season, and named Ray Morrison, his former pupil and assistant, who was then at Southern Methodist, as his successor. Col. McGugin retained the post of athletic director.

TRAINING PROGRAM FOR SPRINTERS

By Archie Hahn

Weekly schedule of work; tips on form.
Limited distances for boys under 16



English sprinters in a practice start. Rear legs of all very good. 1, 2, 4 and 6 appear to be using chop step instead of step-out advo-

cated by Coach Hahn. 1 has his head too low. 2 and 4 have their heads too high. Arm action of 6 and 4 especially good. Others ap-

pear to be using their forward arms as more of an aid to balance than a driving rod. Head positions of 3 and 5 perfect.

Archie Hahn is one of the great figures in U. S. track history. He started collecting medals and championships in 1899 when he won the Wisconsin interscholastic 100-yards championship. He was intercollegiate 100-yards champion when a freshman at Michigan. In the 1904 Olympics at St. Louis he won the 60, the 100 and the 200 meters, and in the 1906 Olympics at Athens, won the 100 meters (the 60 and 200 weren't on the program). Mr. Hahn entered coaching in the fall of 1906 as athletic director and coach of all sports at Pacific Univ., Forest Grove, Ore. He coached at various institutions, including Brown, Michigan, Princeton, and in 1929 went to the University of Virginia as track coach and trainer, which post he holds today. This article is the first of a series he is writing for Scholastic Coach on track and field subjects.

BECAUSE of the relatively short period of time available to schools for outdoor track work in most parts of the United States, coaches striving to round their sprinters into form for the opening of formal competition face a difficult task. The vagaries of spring weather being what they are, even the passing of the last evidence of winter is no assurance that daily conditions will be favorable to the best development of the sprinter in the few weeks of outdoor training at his disposal. It is my purpose here to outline a program of work that can be followed to aid in bringing sprinters up to form and keeping them there.

This program and the accompanying suggestions are arranged especially for the coach of high school boys. He is confronted with problems that would, I suspect, cause the average college coach to regard his own none

too rosy situation as something of a paradise.

I mentioned above the limitations of time in the outdoor training of track men. To these limitations, add for the high school coach the problem of freeing himself from his other duties, usually basketball until March; and sometimes the one man, who has just laid aside basketball, is also responsible for both baseball and track.

Then there is the type of material available to the high school coach. Usually, the high school boy reporting to his track coach for the first time has never received any instruction in the art of running. He is as green as the fields that will soon surround him. If he is a second-year man and has gone through the nursery-school stage of instruction the year before, he is usually still rough-edged and in need of constant attention.

Even in the coldest parts of the United States there are many days during February and March when it is suitable and safe for the runners to be out of doors. If the condition of the track is such that they cannot possibly use it (which is usually the case until the end of the thaw), the only alternative is a portable outdoor board track. The cost of one is several hundred dollars in lumber alone, and I realize that not many high schools are inclined to make this expenditure. However, it is a good investment, especially for schools located where there is little, if any, outdoor winter sports.

It is imperative that every candidate for track have a thorough heart, lung and kidney examination before being permitted to start practice. Schools sponsoring competitive track must provide this. Competitive track draws heavily on the body machine and demands soundness of vital organs which a superficial "physical examination" cannot establish.

As to the matter of limiting the distances and frequency of races for high school boys who are declared by medical authority to be fit for track work, there is too much difference of opinion to serve as a reliable guide. As a general thing, I would say that boys under 16 years of age should not be permitted to sprint more than 100 yards, and to be on the safe side, I would set all their races at 40 to 75 yards, depending on their age and size. In reaching a decision as to whether particular boys in the 15 and 16-year-old class should be allowed to compete in the 100 and 220, the coach should consult the doctor again, and if the doctor's sanction is given, plans should be made for monthly examinations of these particular boys during the track season.

Schedule of work

Three weeks is the minimum that should be allowed for daily practice before the first informal competition or time trials. At least one week should be allowed in which practice competition and time trials are introduced, before the first scheduled meet.

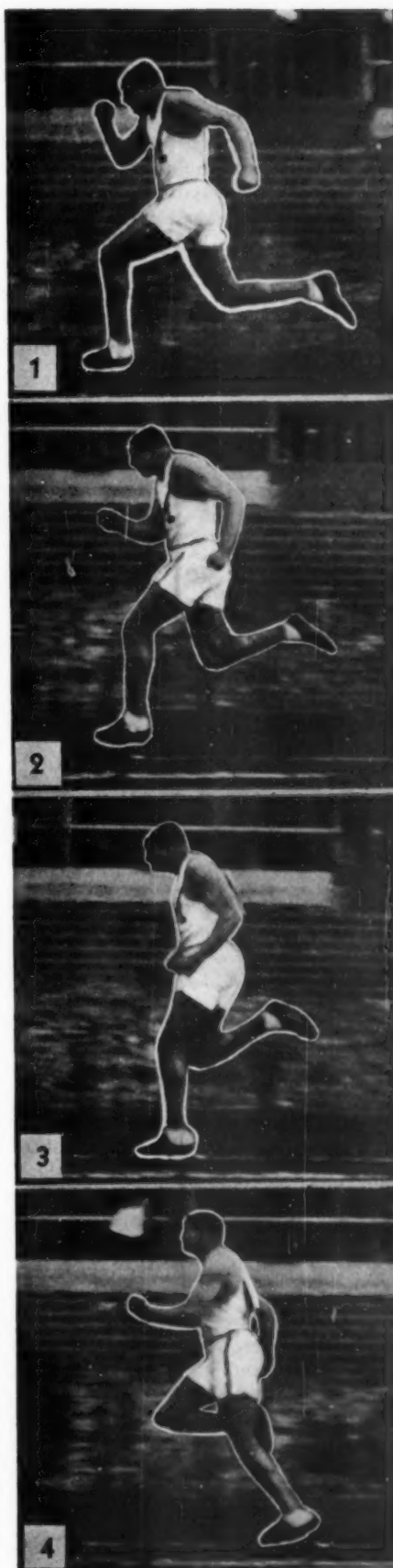
The three-weeks preliminary period should be utilized for acquiring form and proper mechanics, and no emphasis at all should be placed on speed. The men should wear warm training clothes, including dungarees. Warm-up exercises should precede the practice on starts and running form. These exercises may include free swinging of the arms in big circles, stationary running, bending exercises. Although the work is not of the nature to be exhausting, it is inadvisable for other reasons to permit it to continue this long. An hour to an hour and a half should be sufficient, and the end of that time should find the boys eager to keep going. But this is the time to stop them, and send them to the showers. Several with whom the coach wants to do a little extra work may be kept after the squad has been dismissed. During the work, the coach should avoid keeping a boy at one thing too long. If he is working on starting, he should be given a "blow" after every start, and following a half hour at the starts, he should be assigned to straight running. The points to emphasize will be listed later in this article. A three to five minute jog, slow, easy and relaxed, should wind up the day's work for the whole squad.

After three weeks

After three weeks of preliminary work done at a leisurely, informal pace, the coach should make out a regular daily schedule for each boy to follow, and require him to stay within it so as not to expose him to overindulgence. Here are my suggestions for a day-by-day schedule for high school sprinters in the 220-yards and under division (the distances over 220 yards will be taken up next month):

Monday—Warm-up exercise, which each man takes by himself. A 10-minute period for starts and running form, each man for himself. With the men divided into squads each numbering as many men as there are lanes, short sprints are practised competitively. The finish tape and line should be set up at about 35 to 40 yards. Give each squad about four or five of these, with plenty of rest between heats. Begin classifying men by squads according to speed, or, if not convenient to do this because of a small squad, set the slow men a mark or two ahead of the others. After these short sprints at full speed, and a good rest, send the men through the 220, non-competitively, and at three-fourths speed* until the final 30 yards,

*Three-fourths speed for a 10-second sprinter would be between 12 and 13 seconds. Three-fourths speed is a good fast pace, and should not be regarded as a "jog."



WILLIS WARD

These pictures of the noted Michigan athlete were taken with a moving-picture camera by Owen Reed. Because of limitation of space, it is necessary to omit many of the frames that appear on the film between those reproduced here. Coach Hahn's notes on these pictures follow—1: Relaxation of hips, arm action good. Back swing of hand does not check at hip, but goes slightly beyond hip, which is desirable. 2: Body angle good. A little too much kick-up of rear foot. 3: This shows the kick-up at its highest; altogether unnecessary expenditure of action. 4: Very good, leaves nothing to be desired. 5: Splendid action; shows the floating power at its best. The good form and application of left-leg power in 4 has made possible this superb action in 5. The only fault may be an excessive throw of the forward arm. 6: Again the tendency to kick-up the rear foot needlessly. 7: Preparatory to the throw at the finish. Excellent, with only fault the throw-back of the head.

when they will dig in and go full steam. Through the first 190 yards the men should run together, keeping abreast, with the pace regulated by one of the runners designated by the coach. On reaching the mark 30 yards from the finish, they let it out and strive for speed into the tape and a good finish.

Tuesday—Warm-up exercises and short sprints as outlined for Monday. Practise the throw finish (described later). For the older, better-developed boys, a 300-yard run at a quarter-miler's speed, with pick-up in the last 60 yards and top speed to the finish. Only one of these.

Wednesday—Warm-up exercises and two short sprints at 35 or 40 yards. Two sprints at 75-yards, top speed. Ample rest between sprints. Keep body, legs and arms warm. One 220-yard sprint with first 120 yards at three-fourths speed, and pick-up and top speed over last 100 yards. If there is a meet coming on Saturday, eliminate the 75-yard sprints and run time trials.

Thursday—Warm-up exercises and three or four sprints at 35 or 40 yards. Two 150-yard dashes, first 70 yards at top speed, and remaining 80 yards floating—no hard finish. This gives practise in the running of the middle part of a 220. The "floating," of course, means only taking the pressure off: second speed, instead of top speed. See final paragraph "Running the 220."

Friday—If this is the day before a meet, practice should be called off. If the meet is on Friday instead of Saturday, there should be no Thursday practice, and Tuesday's work should include the trials. If there is to be no meet on Saturday, the Friday work should include trials. It is not advisable to have more than one time trial each week.

By time trials I mean a formal race with starter, gun, judges at the finish, timers, and all the rules of the race in effect. It should be the best simulation of meet conditions that it is possible to create. During the first and second week of the hard work, however, it is advisable to confine the distance of the trials to three-fourths of the distance that will be run in the real race. You may also find that some of your boys, throughout the entire season, will run a better 220 in competition if they are confined strictly to 150 yards in the time trials.

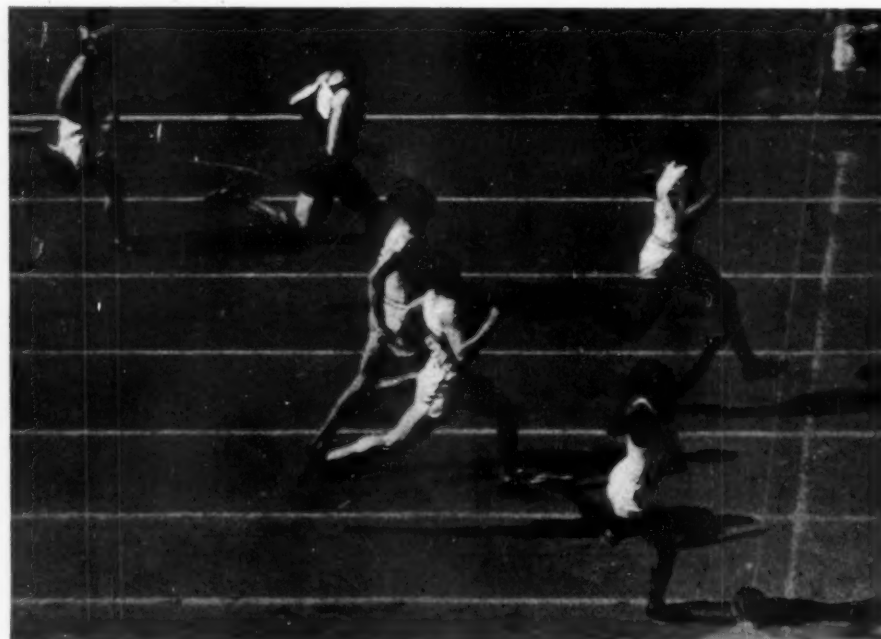
It is understood all through this schedule that sufficient time will be allowed for rest between heats. There is no excuse whatever for the coach who impatiently and melodramatically requires a boy to do a start over and over again in order to correct a certain fault, without allowing him time for rest. You can work a shortstop who misses a practice grounder this way, by batting him one after another in quick succession, but the procedure of the baseball field is not applicable in the particular case of a runner whom a coach is trying to improve.

Moreover, every schedule of this sort must be elastic, not only to meet the exigencies of the weather, but to meet the individual requirements of the boys. A coach should keep his eyes alert for the tired boy, and immediately a boy shows evidence of weariness, excuse him from practice that day and bring him back slowly into the hard work if it becomes evident

that his weariness was attributable to nothing more than an overdose of track work.

Sprinting form

In the matter of good form and mechanics in the racing start and form in running, there is little to add to the excellent recommendations made in Scholastic Coach last year by Thomas K. Cureton and the year before by David L. Holmes. I have in mind here a recapitulation of the points they made, and one or two additional that I have found useful.



The hairline finish of the 100-meter race in the 1932 Olympics. Tolan, in the near lane, using the throw finish, was the winner. Metcalfe, who does not use the throw, second;

ward, and right-handed athletes with the left foot forward. At the command "on your marks," the runner should step into the rear hole from behind, then place the front foot in its hole, and place the hands, shoulder-width apart, on the line, forefinger and thumb along the line supporting the hand on a tripod. Most of the weight of the body should be supported by the forward foot and the hands. The rear knee should be relaxed, and leg should be relaxed, and the knee resting on the ground, with the foot firmly pressed against the rear hold whose

third, Jonath of Germany; fourth, Simpson, U.S.A.; fifth, Joubert, South Africa; sixth, Takayoshi, Japan. Simpson seems to be keeping his form better than Jonath.

Starting position. The forward starting hole should be dug first. Its location depends on the height of the man and the length of his arms. A. D. Dickinson made some experiments on the start and found that of the group participating in the experiment those using the "Drew" style of start with the front hole dug 11 to 18 inches back of the line, were fastest off the mark. I have had better results with the front hole only 6 to 10 inches back of the line. The rear hole should be placed so that it will bring the rear knee to about the instep of the front foot, when the runner is in the "on your marks" position. The lateral distance between the holes should be about four inches, which is ample to prevent the rear foot from striking the forward one when it is brought forward. The runner may put either foot in advance for the start, according to his preference. George Bresnahan of Iowa State found that left-handed athletes made better time when starting with the right foot for-

back wall should be perpendicular, or nearly so. It is important to keep this rear leg relaxed until the crack of the gun, so that at that instant it will have something to give; if kept tense, the rear leg will be too tightened up for the best possible drive and getaway. Keep the eyes fixed on a point about 10 feet ahead. This will help keep the head well set and in a natural position. In indoor starting without blocks and without spiked shoes, the feet should be placed closer together—the toe of the rear foot coming almost in line with the heel of the front foot. This will permit a better foot purchase at the getaway.

Get set. At the command "get set," it is only necessary to raise the back to the level of the shoulders, and the runner is ready for the gun. The balls of the feet should be pressing against the rear walls of the holes. Keep hand arched high; this is difficult at first, but it will come easier after practise. Do not be concerned with the breath-

[Continued on page 26]

ORGANIZATION OF BASEBALL PRACTICE

By Arthur P. Mills

Mr. Mills is baseball coach at Waite High School, Toledo, Ohio. The organization of baseball practice for high schools, as outlined in this article, has been in effect at Waite High School since 1929. During that time Waite teams have won the Northwestern Ohio championship four times and the city championship once. "Whether or not the success of our teams has been due more to this practice organization than to the natural ability of our boys is a matter of conjecture," Mr. Mills opines, "yet it seems safe to say that natural ability would be recognized and encouraged more readily under a planned practice program than under a poorly organized program."

THIS is the time of the year when most high school baseball coaches begin their annual worry campaign, a campaign which extends from February to June. Almost without exception a coach's first thought is for the outstanding players lost by graduation. The effect is much the same as the first look at last year's bathing suit. Fortunately, however, a skeleton, in the form of a group having some experience from the year before, is available upon which to drape the efforts towards repairing the garment. Much of what repairing will be possible must be done between the time of the start of practice and the day of the first game.

Division of time

Usually, as far as high schools are concerned, the time available for practice before the opening game is, for various reasons, altogether too short, and much of the success or failure of the entire season depends upon the proper organization of this practice time. Any attempt to set down a practice routine to fit all cases would be impracticable, if for no other reason than that few coaches would agree on the points to be emphasized. It is my conviction that batting and pitching of the first order will go further toward winning high school ball games than any other special abilities which the coach is called upon to develop. For that reason I devote more time to them than to anything else in my pre-season practice.

In the northern part of the United States it is necessary to conduct at least part of the pre-season practice indoors. In Toledo this condition prevails and the gymnasium is the scene of our first week's practice. I feel, nevertheless, that more can be accomplished in one week of warm sunshine outdoors than in a much longer time on a gym floor. The only thing to be

gained by inside practice is the removal of the edge of exuberance created by a winter's lay-off, and the control of the omnipresent desire to throw too hard.

Program for first week

Our program for the first week is as follows:

FIRST DAY: A general meeting. All candidates fill out cards, giving their name, age, school year, experience, and the position they wish to play. The squad is given a talk on conditioning in which these points are emphasized: (1) avoiding sore arms; (2) developing strong legs; (3) wind; (4) diet; (5) correct personal habits.

SECOND DAY: The squad is divided into three groups; battery men, infielders, and outfielders. Work with the medicine ball and chinning bar, as well as push-up exercises, are in order for the entire squad. Special attention is given to the battery men during the rest of the practice time and all three groups jog an easy mile on the track before going to the showers.

THIRD DAY: This practice session starts with a fifteen minute work-out with the medicine ball, followed by not more than fifteen minutes of pitching and catching baseballs, for the entire squad. The battery men are again given special attention; proper delivery, stance, and grip are emphasized. A snappy session of general conditioning exercises, as outlined for the second day, concludes the workout for the entire squad.

The remainder of the week is devoted to a repetition of the third day's practice session.

It will be apparent that during this first week indoors our time has been spent in general conditioning for the entire squad, as well as a cautious attempt to avoid the sore-arm bugaboo. The pitchers have received some special attention with the idea of having them ready for easy batting practice work when our first outdoor practice is called.

Second week

During the second week indoors these changes in routine are made:

(1) The length of time devoted to pitching and catching is greatly increased, although the members of the squad are cautioned against throwing any harder than during the first week. The battery men are warned against attempting any curve balls.

(2) The other forms of exercise are eliminated, with the exception of running, which is increased somewhat.

(3) Infielders and outfielders are given special instruction in handling the ball, relative to their particular position.

The amount of time spent each day

on indoor practice should be carefully supervised to avoid monotony. Under ordinary conditions this practice should not exceed one and a half hours.

During the two weeks of indoor practice the coach should make the most of the opportunity to observe the new members of the squad for natural ball playing ability. Generally, years of sandlot experience are behind the efforts of even the least likely candidates, and no coach has the right to discount this early training. It might be well to keep in mind that there are "gymnasium ball players," just as there are gymnasium fighters, and an indoor fielding flash may turn out to be a Caspar Milquetoast with the bat.

Third week

At the start of the third week of practice the opportunity of getting outdoors usually results in an improved mental attitude in the squad. There is a sharp change in routine and the schedule runs something like this:

(1) Twenty minutes of "pepper ball" for the entire squad, as a means of making the warm-up process interesting. Caution against arm-strain is still the rule.

(2) Forty minutes of fly shagging for infielders, outfielders and pitchers. Fly balls should never be hit directly to a player—he should have to jog (not run) after every ball he catches in practice.

(3) Sixty minutes of general batting practice in which every player is encouraged to hit, rather than slug the ball. All batters are watched for outstanding batting faults, and these faults are pointed out to them. The pitchers are encouraged to pitch easily and carefully, concentrating on control, so that confidence may be gained.

(4) Twenty minutes of easy work-out for the infielders. Prior to this the rest of the squad is excused after a mild run around the outside track, jogged. At the conclusion of the infield work the infielders are also given a mild mile on the track.

This routine is retained for the rest of the week.

At the end of the first day outdoors it is well to caution the squad against taking showers that are too hot. Failure to remind them of this invariably results in a number of colds and muscular pains of a disabling nature.

Fourth week

During the fourth week of practice the routine is altered again. The fly-shagging is eliminated. The batting

[Concluded on page 32]

VARIATIONS IN THE CRAWL STROKE

By Albert W. Gray

The details over which coaches disagree, and the details of the common variations

Mr. Gray is coach of swimming at New Haven, Conn., High School, and the author of the series of articles on racing starts, tank turns and other phases of competitive swimming that appeared in the Dec. 1934, Jan., Feb., and March, 1935, issues of *Scholastic Coach*.

GENERAL disagreement among coaches of swimming as to the best technique for carrying out certain details of the fastest of all strokes—the crawl stroke—is justification for this article surveying the main points over which coaches disagree, and the fundamentals on which all are agreed.

This variance of opinion on stroke technique is not an undesirable condition. Standardization, as well as variety, can be carried too far. Every sport has its variations in execution of details, but it is perhaps only in swimming, and in particular in the crawl stroke, that the variations are so slight as to seem negligible to the layman. This is partially explained by the fact that the swimmer's technique is rendered half invisible by the water and the refraction of light on the waves. Coaches certainly appreciate the difficulty of observing precisely what a swimmer is doing beneath the surface of the water. About the only way of getting a better view of the proceedings is to go down and look up. This is what Bob Kiphuth is doing at Yale, with a weighted vest to hold him down and a helmet and oxygen lines to give him air and visibility. (See cut on opposite page).

The characteristics by which we recognize a style of swimming as being the crawl stroke are an alternate over-arm movement and an independent vertical leg drive. The arms move alternately from the forward position to the backward position as they pull through the water; for the recovery they move alternately from the backward position to the forward position traveling above the water. The hand catches the water somewhere forward of the head and shoulders before the pull is made.

The properly coordinated leg action is independent of the movement of the arms. Most of us can agree that a vertical leg thrash is fundamental. However, we still find those who teach the use of a slight scissors movement at regular intervals in the kick.

Who can disagree that the basic body position is on the stomach? And most authorities agree that it is an

advantage to carry the hips and shoulders level. But from this point on the trouble begins. Head, shoulder, and hip positions relative to the surface of the water are most certainly controversial points. We find that some swimmers are so constructed physically that it is believed advantageous for them to carry the head and shoulders high. Peter Fick is a good example of this type of swimmer. Others must have the hips and shoulders nearer the same level to obtain the best results. A marked contrast in body position was seen when Dave Livingston swam Fick in the 100-meter event at the Yale carnival last spring.

We may say that fundamental coordination in the crawl stroke is the harmonious muscular movement of the arms, legs, and respiratory organs. The proper coordination of these movements is dependent upon the degree of development of each of the three separate functions. Counting a cycle as a complete circuit of each arm, the legs should move to give 4, 6, 8, 10, or 12 beats, and the breathing should occur at regular intervals,

as once in each complete cycle, twice in each cycle, or once in every two or three cycles. Basic breathing is an exhalation while the face is submerged, and a lift or turn of the head bringing the mouth clear of the water for the inhalation.

Competitive swimming seems to have been built up on waves of "follow the style of the champion." Just at present the tendency is to conform to the so-called "Japanese crawl." The Japanese deserve an immense amount of credit for their aquatic accomplishments, but their crawl stroke is merely an adaptation of the American crawl to suit their own particular type of physique. They learned from us and now we can learn from them, but it would be foolhardy for every American swimmer to attempt to accomplish the same ends by imitation. Flexibility and relaxation of the arms and legs contributed to the ability of the Japanese to develop greater power in these levers with which to propel a body proportionately less weighty than that of the Americans. Their very mode of sitting, with legs folded under



FIGURE 1
STRAIGHT-ARM PULL.

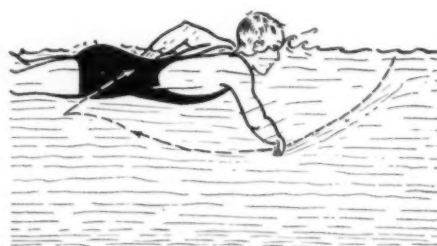


FIGURE 2
CENTER-LINE PULL.

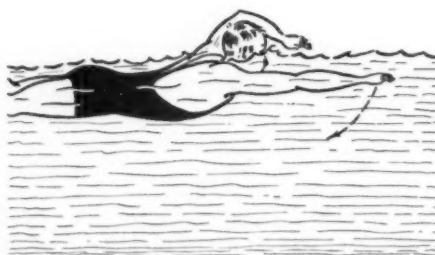


FIGURE 3
QUICK RECOVERY.

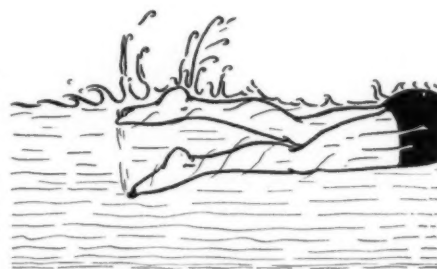


FIGURE 4
STRAIGHT-LEG KICK.

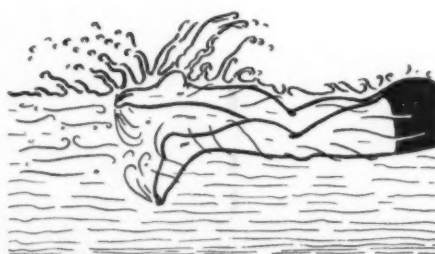


FIGURE 5
RELAXED KICK.

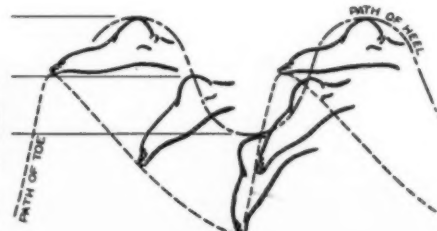


FIGURE 6
FOOT ACTION.

them, has helped the Japanese to develop a more powerful and flexible set of leg muscles.

For convenience, variations in the technique of swimming the crawl



Bob Kipthuth, Yale and American Olympic coach, wearing the helmet by which he observes his swimmers from a submarine point of view. A weighted vest holds him down.

stroke are listed in the following outline:

I. TYPES OF ARM ACTION

A. Pull through the water

1. Straight arm pull. From the arm fully extended forward position the pull is directly downward and backward to the fully extended position at the hips. Figure 1.

2. Bent arm pull. The pull is with the arm slightly bent at the elbow so as to allow the use of the arm muscles as well as the shoulder muscles. This type of pull is shallower than the straight-arm pull.

3. Center-line pull. Arm pulls directly on a centerline with the body, traveling from the fully extended position directly in front of the head through to the fully extended position at the crotch. In this style of pull the arm bends as it is pulled backward until at a point below the chest the pull is changed to more of a push with the hand until the arm has become extended. Figure 2.

4. Shallow arm pull. Hand and forearm follows close to the body, the hand reaches beyond the centerline of the body. Sometimes this may be carried to such an extreme that the hand will follow in line with the other side of the body for a short distance.

5. Short arm pull. The hand is withdrawn from the water before the stroke is carried completely through. Some swimmers may even make the pull as short as from 12 to 18 inches. This is generally considered a defective stroke and occurs when the swimmer is sprinting and tries to quicken his pace.

B. Arm recovery

1. Straight arm recovery. The whole arm swings forward in a wide arc from the fully extended backward position to the fully extended forward position prior to the catch. This type of recovery causes a very pronounced body roll. Taris, the French ace, uses the straight arm recovery.

2. Relaxed recovery. With the arm held loosely as it moves forward above the water, a rest period is allowed. The path followed by the hand is almost a straight line; the elbow is bent to permit the hand to be withdrawn from the water. Rolling the shoulder, the elbow may be lifted high enough



COACHES' CORNER

Sentenced to the Side Lines...



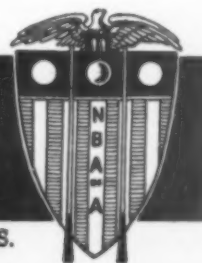
IF the curriculum of your school included only Ancient History (for example) it would be a lopsided affair. But it isn't built that way. It includes subjects which will prepare the student for whatever line of work he chooses.

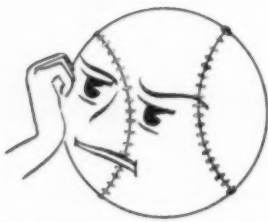
Why shouldn't the recreational end of your school's curriculum be equally as well balanced? As it now stands, only about thirteen per cent of the student body can actively participate in athletics. That leaves the other eighty-seven per cent "out in the cold"—sentenced to the side lines for life—as far as learning how to play is concerned.

Learning how to play is just as important a part of a person's education as learning how to work. That's why we think billiards should be a part of student recreation. It is the one game all can play. It is the one game they can take with them when school days are over. Billiards lends itself perfectly to inter-mural competitions. It has no closed season. It builds self-reliance, self-confidence and sportsmanship. The equipment of play is not expensive. It lasts for years and can be added to your recreational facilities much easier than you probably think. Write us, Dept. 2241, for our suggestions along this line.

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so that the hand will comfortably clear the water. Complete relaxation and flexibility are necessary for the efficient use of this recovery. The pull in this case is begun as soon as the hand catches the water. Figure 2.

3. Quick recovery. Flexibility is more pertinent to the quick recovery than to other types. Although the quick recovery is somewhat like the relaxed recovery, the difference lies in the very rapid return to the water and the fact that the arms do not continue to be separated 180°. The only time that the arms are 180° apart is just before the recovery. Upon reaching the forward position the hand enters the water before it is fully extended, the extension taking place under water, the hand acting as a plane on which the body rides for a short distance. The period of planing, taking place while the other arm has been completing the pull, requires a very rapid recovery. One hand almost catches up to the other. The rest period in the quick recovery takes place while the hand is planing. Kitamura, Makino, Miyazaki, and other Japanese swimmers use a recovery not unlike this. Figure 3.

II. LEG ACTION

A. Types

1. Straight leg kick. The legs swing from the hip joint. The leg is held rigid, with the knee straight and the toes extended. As an elementary procedure in teaching the flutter kick the straight leg action is invaluable but not always practical for competition. Figure 17.

2. Bent knee kick. A defective kick quite generally used by beginning swimmers who have had little or no instruction. Also used by children when they learn the dogpaddle.

3. Relaxed flutter kick. See Figures 5 and 6. A straight leg action with flexibility at the knee and very marked flexibility of the ankle. The foot action plays a very important part in producing the power of the drive, at the low position of the kick the toes point straight downward and at the high position the toes point straight backward. Figure 6. The action, resembling that of the tail of a fish, seems to produce more power than can be obtained from a straight leg kick.

4. Under water kick. The feet remain below the surface and produce little or no splash.

5. Above surface kick. Feet come above the surface often high enough so that the knee may be seen. Considerable splash is made and a distinct pounding of the water may be heard.

B. Depth or spread of kick

1. At the feet. The spread measured between the ankles may vary from five to 20 or more inches. Experimentation with each of your swimmers will reveal which is the most efficient for the individual.

C. Coordination of the kick. The cadence of the kick is related to the spread of the feet, the faster kick being the more narrow.

1. Two beat as in dogpaddle.

2. Four-beat kick as used by some salt water swimmers. Noel Ryan, the Australian Olympic swimmer, used a four-beat kick but has since changed to the six-beat.

3. Six-beat kick used by most men swimmers. Kitamura the Japanese swimmer and 1500-meter world champion used a six-beat kick.

4. Eight-beat kick used by most women swimmers.

5. Ten or more beats are very narrow kicks. The kick is more like a nervous flutter.

III. BODY POSITION

A. Flat. Body horizontal, hips and shoulders in the same plane. The swimmer may carry himself either high or low in the water. Most swimmers find that the most efficient flat position is with the buttocks and the shoulders above the surface of the water.

B. Chest high. With the chest held high some swimmers find that they can build up a wave which will carry them along at a higher rate of speed. One of my swimmers of last season complained of losing his wave about half way through his second lap of the 40-yard dash. When through persistent practice he was able to maintain the position throughout the entire 40 yards his time was reduced by almost two seconds. Peter Pick seems to have used this aquaplaning principle to advantage.

IV. BREATHING

A. Functions

1. Inhalation. The breath is taken in as the head turns to the side. A turn is more efficient than a lift of the head because it does not throw the body off balance. As the head turns to the side a natural depression forms in the water, the mouth may be opened for the intake of air without the danger of sucking in water.

2. Exhalation. While the face is submerged the air may be expelled through the nose, through the mouth or through both. Some may even prefer to exhale and inhale while the face is clear, holding the breath while the face is submerged. However, to inhale while the face is above and exhale while it is below is to more nearly approach the natural rhythm.

B. Coordination

1. Once every cycle. Inhalation made as one arm, either the right or the left, has completed the pull and is making the recovery. Breathing once on every cycle seems to be in most general use.

2. Once every two or three cycles. The delayed type of breathing is used in sprint work where the entire attention must be given to digging.

3. Twice every cycle. When swimming long distances and the rate of breathing would naturally increase it seems wise to inhale once each time the recovery is made.

4. Once every one and one-half cycles. When the rate of breathing would naturally not be as fast as when breathing twice every cycle, this staggered style of breathing has been advantageously used.

Every swimmer will not necessarily be able to obtain the maximum amount of power from any one type of arm stroke. Muscular development and coordination will be the deciding factor. Some may depend entirely upon the shoulder and chest muscles while others must use the arm muscles to get a full powered pull. It is en-

tirely possible that a swimmer might use one type of arm pull with one arm and another type with the other arm and still be an exceptional swimmer. The truth of this statement was brought home to me at a recent showing of some moving pictures taken by Bob Kiphuth at Tokyo last summer. In a shot of one Japanese swimmer taken as he swam toward the camera the use of two types of arm stroke could be clearly seen. The left arm entered the water directly in front of the left shoulder and continued through in a straight arm pull while the right arm entered directly in front of the right shoulder and bent in the pull so that at the half way mark the right hand was under the left side. The combined use of the two types of arm stroke, the straight arm pull and the shallow arm pull, did not seem to hinder the swimmer in any way.

The straight arm pull is better used by a more buoyant swimmer because a very deep pull has a tendency to sink the body.

The centerline pull is particularly recommended for use by swimmers whose shoulder muscles are not capable of giving them enough power. Here the biceps muscles give much added power.

The shallow arm pull might be considered a defective stroke when used by some swimmers but others seem to get much more power from its use. Careful observation and trials with the use of other types of arm pull will prove whether or not it is the best for the individual.

The more buoyant person might be able to use a straight arm recovery without getting a pronounced body roll but my observation has been that a greater amount of energy is used to swing the arm forward for the catch than is required for a more relaxed recovery.

In the relaxed recovery the muscles are not under tension and are consequently doing less work. It is a recovery which I would teach in preference to the straight arm recovery because it requires less energy.

While the arm is in the recovery above the water it must be supported by muscular effort. The quick recovery shortens the space of time during which the swimmer must do work supporting the weight of the arm, therefore this recovery would seem to be the most desirable of all.

Of the types of leg action the relaxed flutter kick is the one most generally used by competitive swimmers today. The Japanese have emphasized leg flexibility to obtain a greater amount of power from the kick.

[Concluded on page 31]



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FROM THE STATES

This department, to appear in each issue, will include correspondence from state high school coaches associations and state high school athletic associations. All states are invited to participate.

Indiana

Cliff Wells "tells all"

WITH the tournament month of March too close to be comfortable, we have called on that frequent participant in state championship basketball, Cliff Wells of Logansport High, to tell our readers how to get into the tournaments (?), and the etiquette to be observed while there. Gentlemen, Mr. Wells:

"Mr. Wakefield supposes I know something the rest of the boys don't know. He is mistaken. But we all like to hear directly from the other fellow as to what he is doing, just to assure ourselves that there is nothing occult about it. For what they are worth, here are a few tourney tips—

"The showing that a team makes in the tournaments in March means the difference between a good season and a bad one. Hence a great many of our coaches point for these tourneys. Each has his own ideas as to how to bring his team along and have it at its best at the right time.

"To begin with, we 'half train' until February 1, and then go into strict training for a period of one month before the tourneys start. When I had the boys training for a whole season, we were tired and worn out at tourney time. Since we started training, beginning with the first of February, the boys have made their best showing in the tourneys. One month is not long, and the boys have trained faithfully for that short period and built up a fine mental attitude. I use placards in my locker room that help to build up the morale of each boy and the squad as a whole. A few of the placards read as follows:

Training-Fighting-Winning, all go together.

I would rather have less ability than less loyalty.

A team is no stronger than its reserve strength on the bench.

All for one and one for all.

A winner never quits and a quitter never wins.

"As far as training rules go, I ask the boys to stay home at night and study, read, or listen to the radio, and to be in bed regularly by ten o'clock. No dates or parties of any kind in February. As far as eating goes, the boys are asked merely to omit pastry, and smoking is positively verboten.

"I have found that for a period of one month the boys will obey the rules and be at their best in March.

"As for plays, we start working on them the first of February. We usually have a play for each boy, i.e. the boy on the scoring end of the play. Five set plays are used. One month's drill on them is necessary for perfection. The week of the tourneys we shoot goals and have 'dummy scrimmage.' There are no hard workouts whatever at that time.

"I do not allow the boys to see the other tournament teams play and I do all the scouting myself. The boys are kept together during these meets and special meals prepared for them. We give the boys salt

rubdowns after each game. These enable them to relax quickly and sleep better.

"As to the games, we save all the energy that is possible by playing a combination man-for-man and zone defense when we have a lead on our opponents. In our offense we play a slow game when in the lead and stress possession of the ball. We play each game as if it were the championship game."

Belated Vincennes despatch

John L. Adams, athletic director at Vincennes, was a little late last month with his contribution in answer to the question, "What do you expect to see in basketball this year?" We are offering his contribution at this time:

"I like the 1935-36 basketball rules. I say this after watching my team play four games.

"The pivot play is still possible and the big man is more valuable than ever. A big man does not deserve to be on the team unless he can handle the ball. Under the present rules he will be handling the ball more from the moving position than heretofore; so it will behoove him to become a master of all the skills of the game, for he has been changed from a specialist into an all-court man.

"The new rules have made me realize again that our best defense is a strong offense. In the past few years when we lost, we were reluctant to pass the blame to the offense; rather we looked for weaknesses in our defense. Starting at once, I am going back to the 'Adams Original Five Man Defense' (played in our own unorthodox way), and I hope to be able to offset the restrictions on the pivot man by speeding up our entire offense.

"I believe I was the first coach in Indiana to use screen, or what were then called block plays, entirely throughout the season. Every play had a number, and a signal was called to set the play in action. In succeeding years we used set plays mixed with certain variations of the fast break and free lance style. In all that time, I find on going over the discarded plays that not one would be illegal under the 1935-36 rules. This season, in the early games, in order to get our players in condition, we are playing a pass, cut, shoot and follow game. No planned plays at first. Later, we will use a continuity of plays, four in number, which is a combination of all the good things that have come from the screens and blocks of the past few years. The system requires five ball handlers and no giant can work into it unless he is good."

MARK C. WAKEFIELD,
Indiana H.S. Coaches' Assn.
Evansville, Ind.

New York

Ask 18-year limit

THE Central Committee of the New York State Public High School Athletic Association held its annual meeting in Syracuse Dec. 27. At this meeting the final report of a Research Committee on athletics and athletic problems was presented by the chairman of the committee, Francis J. Moench of the Cortland Normal School. No action was taken by the Cen-

tral Committee on the report, since it was felt that the report needed the careful study of the member schools of the Association. Some interesting recommendations of the committee were the following:

1. The committee recommends a basic state code of eligibility.
 - (a) Age
A boy shall become ineligible for interschool competition upon reaching his 19th birthday.
 - (b) Postgraduates
A postgraduate shall be ineligible for interschool competition.
 - (c) Duration of competition
In all schools operating under the 8-4 or 6-6 plan, a boy shall be permitted to take part in interschool competition for a period of nine semesters from the date of his first registration in any secondary school. In all senior high schools (grades 10 to 12 inclusive) a boy shall be permitted to take part in interschool competition for a period of seven semesters from the date of his first registration in any secondary school.
2. It is recommended that a regulation limiting the participation in any one sport be changed from four seasons to three seasons.
3. The committee recommends a new geographical grouping of the member schools in districts in the state, the effect of which will bring schools of similar size together, eliminate transportation costs and allow for better playing schedules.

The first step which is designed to bring the Central Committee of the State Association and the Health and Physical Education Division of the State Department of Education into close relationship was taken by committee action. The new chairman, Principal Charles Riley of Oswego, is requesting the presidents of the Associated Principals of the state, the superintendents' Council, the Health and Physical Education Association and the Health and Physical Education Department of New York City to appoint a member of their organization to act with a member of the Central Committee in formulating a minimum code of eligibility rules and procedures. When this minimum code has received the indorsement of the present members of the association, it will be presented to the Regents of the State of New York with a recommendation that the State Department administer this code and finance the present committee. This will bring all high schools into the state organization and eligibility codes will be enforced much as examination and syllabus requirements are enforced.

"Educational" football trips

The committee faced a dilemma in administering the post-season rule which was on the books for the first time this year. Several member schools and non-member schools had violated the rule in playing intersectional football games post season. The rule designed to kill wild cat basketball tournaments left no provision for an "educational" post-season football trip. The committee administered the suspension provided, indefinitely postponed the sentences, and will turn the whole problem back to the schools in a referendum of a rule which will allow schools latitude with regard to football games.

The Athletic Protection Plan's operation for the 1935 football season was briefly reported. The New York Plan which provides a fee of 75c per boy covered registered 5,619 boys this year and 165 schools. Over \$4,200 has been paid out in paid claims to date, with a few late.

claims yet to be considered. Every scheduled claim was paid to the maximum amount as indicated by the schedule which included sprains as well as bone fractures. Extensions of the plan are now being considered by the executive committee. Experience this year shows that one in every 17 or 18 football players who were registered suffered an injury which paid an average of \$12.65 for doctor bills incurred. Our experience shows that it is within the power of any state high school association to set up a mutual benefit plan for protection against the cost of athletic injuries, without outside subsidy, at the cost of 75c to \$1.00 a boy.

F. R. WEGNER

Sec'y-Treas. New York State
Public H.S. Athletic Assn.
Roslyn Heights, N. Y.

South Dakota

New basketball plan

AT the Annual Meeting of the South Dakota H. S. Athletic Assn., Nov. 26, 1935, or about 51% of the total voting membership, was present with about an equal number of interested spectators. Since a majority of the votes of those present is required to pass a measure, this is another example of the business of an organization being done by an interested minority.

Membership in the State Athletic Board of Control was increased from three to five members, and the term of office was increased from three to five years.

For the purpose of determining state basketball championships, the Association decided to divide the schools into Class A and Class B schools; hold two independent state tournaments and have an A champion and a B champion. There is to be no play-off between these champions.

Arbitrarily, all schools of 300 or more enrollment are A schools. Any B school may challenge any A school for representation in the A tournaments. A team is eliminated to eight before the state tournament by means of three sectional tournaments.

The B state tournament will also have but eight entries. These eight teams are determined by a straight series of 32 district tournaments and eight regional tournaments.

If the new arrangement proves financially possible, it will solve a long felt need on the part of the smaller schools of the state.

Report on football injuries

This past September, the South Dakota Secretary of the State High School Athletic Association requested a number of coaches from representative towns to keep an accurate and detailed record of all injuries during the season resulting from football, either in practice or in a regular game. The study was a part of a much broader study being made by a committee from the National Federation of High School Athletics, and the forms were furnished by that organization.

A special blank was to be filled out in detail for each injury. The directions were clear, and the reports required were sufficiently definite and detailed to make the

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TWO days after he had found his first job in more than a year, J. W.,* father of a little family, slipped on the icy street and gave his ankle a severe wrench, besides bruising his arm.

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*Based on actual letter from our files

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results about as reliable as any sampling questionnaire could get.

In South Dakota, 14 representative towns agreed to keep these records. Ten towns actually sent in complete returns. These ten towns were representative of all sections of the state and also represented the different sized towns and cities that participated in interscholastic football.

Only such injuries were reported as necessitated the athlete to discontinue the game or practice for the remainder of the day or longer. No type of injury was suggested in the blanks. The name and nature of the injury were given by the school reporting. In these ten towns, Aberdeen, Belle Fourche, Brookings, Hot Springs, Ipswich, Milbank, Miller, Mitchell, Pierre and Rapid City, an aggregate of 441 athletes were participating in football practice and games. Of these 441 athletes, 94 received some injury that temporarily necessitated their withdrawal from the game. Of these injuries, 48 or more than half, were bruises, 23 of the injuries were sprains, 13 were fractures; 3 cases of infection were reported, 2 injuries from blows, 2 dislocations, 2 cuts and one case of concussion.

In terms of percentage based upon the number of participants, the conclusion might be reached that about 11% of all participants in football will get rather severe bruises; another 5% will have either a sprained knee, wrist, hand, ankle or finger; 3% will sustain some form of a fracture, while only a fraction of 1% will be injured otherwise.

R. E. RAWLINS

Secy.-Treas., South Dakota
H.S. Athletic Assn.
Pierre, S. D.

Texas

Membership at new high

THE Board of Directors of the Texas High School Football Coaches Assn. met at the Adolphus Hotel, Dallas, Dec. 28, in response to a call by Pres. H. N. Russell. Sec'y. L. C. Wood's minutes reveal the following:

The Secretary reported on his membership drive and estimated the present membership at 170—a new high for the Association.

Pres. Russell reviewed briefly the steps that he had taken in behalf of the Association in opposition to the 18-year rule.

P. E. Shotwell moved that the secretary send to the Membership Committee and Board of Directors or others in key positions lists of the present membership with the request that they make personal appeals to all coaches to become members of the Association. Motion carried.

J. T. Nelson moved that the constitution of the Association be printed in a booklet, containing also present membership and officers, and that each member be sent one copy. Motion carried.

Pres. Russell appointed P. E. Shotwell to make inquiry into the American Football Coaches Association with the point of view of becoming affiliated with this national body and having a representative at their annual meetings.

Nelson made the motion that Pres. Russell contact Dallas authorities and make final arrangements for a site for the all-star game to be played in connection with the Association's fourth annual coaching school to be held in Dallas the first week in August. Motion carried.

Pres. Russell was instructed to contact several outstanding coaches of the nation to obtain another instructor for the coaching school. Francis Schmidt of Ohio State having already been signed.

The board voted to raise the coaching school tuition for non-members from \$12 to \$15, with the members' tuition remaining at \$10 and college coaches' at \$25.

The all-star game was discussed informally. The board considered it advisable to distribute the work in connection with the game in order to relieve the president of some of the responsibility. The committees appointed to select the personnel of the North and South (Texas) teams will also be responsible for inviting the squads and seeing to it that the squads get to Dallas. The committees will be instructed to follow as closely as possible the policy of selecting not more than two players from any one team.

Sec'y. Wood was authorized to take any steps necessary to collect some bad checks that were given at the last coaching school.

Although no action was taken on it, Pres. Russell suggested that the coaches refrain from scheduling practice games far from home. He pointed out that the coaches were receiving criticism for going several hundred miles to play practice games. W. B. Chapman pointed out that such a restriction would work no hardship in the thickly populated section of the state, but that the Panhandle and Western coaches had no other course to follow because of the long distance between Class A schools.

Amarillo wins again

Congratulations are again in order for Coach Blair Cherry and his Amarillo Golden Sandstormers. The Sandies were crowned state football champions the second consecutive time in Dallas Dec. 28, when they defeated Henry Frnka's Greenville Lions 13 to 6. The Sandies turned the trick with a powerful attack from single and double wingback formations that gave full play to their hard-running, all-state fullback, Robert Clesson.

The Lions shifted from a T into short punt and a variation of the Notre Dame box. Frnka's 6-3-2 and 6-2-2-1 worked fairly effectively against the powerful Amarillo running and passing attack. Amarillo made their first tally the first time they got hold of the ball after kicking off to the Lions. The Sandies' touchdown march started on their own 42-yard line, and produced spins, off-tackle thrusts and reverses that hit every spot in the line but centered inside the weak side tackle.

The Greenville score was largely a result of a tactical error on the part of the Amarillo field general, who attempted a running play on fourth down, four yards to go, near mid field. Greenville running plays advanced the ball to the Amarillo 23-yard line and then a pass from Hinton to McElreath netted a touchdown. Then with the score tied and only two minutes to go, Clesson slipped through tackle on a fake reverse for 70 yards to the Greenville 10. A pass from Clesson to Taylor gave the champions the touchdown they needed. It might be added that the Amarillo field general attempted but few runs even on third down during the second half.

Austin point system

Bennie Strickland, director of athletics and physical education at Austin High School, has used the following point system for awards in his interscholastic and intramural divisions:

INTERSCHOLASTIC FOOTBALL

Time	Points	Award
1st year	200	Athletic award
2nd year	200	Silver bar
3rd year	200	Silver bar and sweater

INTERSCHOLASTIC BASKETBALL, BASEBALL, TRACK AND TENNIS

Time	Points	Award
1st year	150	Athletic award if he does not have one. Bar only if he already has the award
2nd year	150	Silver bar
3rd year	150	Silver bar

INTRAMURALS

First Semester	Points	Second Semester	Points
Touch and pass football	25	Freethrow contest	15
Golf	15	Volley ball	15
Tennis	25	Boxing	15
Handball	15	Tennis	25
Basketball	25	Golf	15
Soccer	15	Playground ball	15
		Handball	15

MISCELLANEOUS

	Points
Captain of athletic team	50
Member of team winning district title in football, basketball or baseball	50
1st or 2nd place (track) in district	50
1st or 2nd place (track) in state	100
1st in district (tennis)	50
1st or 2nd in state (tennis)	100
Manager of intramural team	15
Statistician for athletic activities	15
Student aid in intramurals (official, etc.)	15
Reserve letter in any sport	75
Manager of athletic team	50

The athletic award is a silver medal bearing the school insignia and athletic letter. Each time a boy letters in an additional sport he is presented a silver bar designating the sport to add to the medal. No boy can receive more than one athletic award (medal), but a boy may receive as many silver bars as he earns letters. Six hundred points are required for a sweater, which, of course, is the ultimate aim of all athletes.

Largely as a result of the efficient administration of this system, Austin now has a well-rounded athletic and intramural program, whereas it previously had a program top heavy in the major sports. It is common to see boys who have made a letter in some other sport going out for sports in which they have little chance to win a place on the squad, just to earn the 75 points that go with a reserve letter. It is even more common to see the football and basketball lettermen taking active leadership in the various intramurals for the same reason.

All students are eligible to participate in intramural activities provided they have not lettered in the activity in which they wish to take part. This applies to all allied activities of major sports.

The record of each individual is kept on file from the time he enters the program until he either earns the coveted sweater or graduates. These have been kept on form sheets, but Director Strickland plans to have them printed next year so as to have a better filing system.

Referendum on 18-year rule

The referendum ballots on the 18-year rule have been mailed out, but at this writing the results are not known. The ballot asks each school to give first, second, third and fourth choices on the following alternatives:

(1) 18-year age limit with the 8-semester rule; (2) 18-year age limit without the 8-semester rule; (3) 19-year limit with the eight semester rule; (4) 19-year limit without the 8-semester rule.

STANDARD LAMBERT,
Texas H.S. Coaches Assn.

Montana

Six-man football in C class

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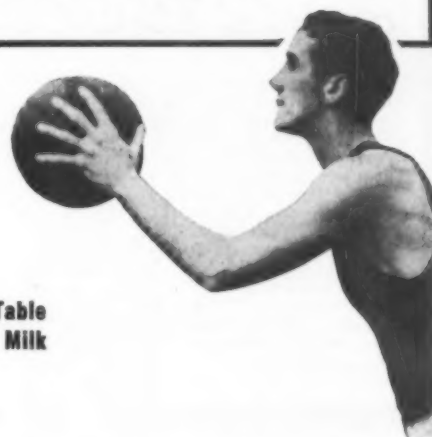
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be made not later than April 1 of the preceding season) and become a competitor for Class A honors, playing for the Class A state championship. The Class A set-up for football competition is divided into Northern and Southern divisions, and these division winners meet for the championship game on Thanksgiving Day. The site for the Thanksgiving Day game is selected by the Board of Control before the season begins, with the objective of passing the title game around to various communities in the state. In 1935 the Thanksgiving Day championship game was staged at Billings before a crowd of approximately 5,000. Butte High School emerged as winner with a 2-0 score. It was a battle royal, and a fumble early in the game by Great Falls gave Butte their only chance for a score.

All schools not specifically assigned as Class A are listed as Class B schools. The schools listed as Class B are divided into four major districts with two sub-districts in each. No state championship is allowed or attempted by these smaller schools, but appropriate team trophies and individual sterling silver football fobs are awarded to the members of the winning teams of each major district. The proceeds for these trophies are set aside from the profits of the Class A championship game. This plan has worked very satisfactorily in Montana; and since the Class A and B divisions have been functioning, a keener interest has been taken in football by the smaller schools.

Even with the Class A and B divisions in football, there are still some schools that find it too difficult to play an eleven-man team. Hence, at the last meeting of the Board of Control a sub-committee of the Board was appointed to make a thorough investigation into the feasibility of a Class C six-man football set-up whereby those of the smaller schools now listed as Class B might elect to play as Class C under six-man competition. The Secretary of the Montana High School Association, R. H. Wollin at Miles City, Montana, is seeking information on this subject and invites correspondence regarding it.

R. H. WOLLIN,
Secy.,
Montana High School Assn.

WISCONSIN

Growth of boxing

AS a part of the research work of the Coaches' Association last year, high school boxing came under close scrutiny by the committee composed of Lisle Blackburne of Milwaukee Washington, Lars Thune of Marinette, Mike Koskey of Madison Central, Harry Conley of Superior Central, J. R. Plenske of Reedsburg, Earl Bender of Richland Center, and Earl Clarke of Prairie du Chien. Their survey showed a rapidly increasing trend toward boxing as a high school activity. Six years ago there were but five high schools in Wisconsin sponsoring boxing, all as an intramural sport. From five it has grown to include at least 35 high schools carrying strong intramural tournaments. The recent impetus given boxing by Wisconsin University has aroused additional interest in the sport. Last year Superior, Green

Bay East, Wausau, Madison Central and West had interscholastic boxing. This year plans are being made by Marinette, West Allis, Shorewood, and Marquette to start interscholastic boxing. Rumors are afloat that Neenah, Kaukauna, Oshkosh, Green Bay West, Appleton, Beloit, Stevens Point, Richland Center, and Wauwatosa are also planning to make a start in this field.

The annual meeting of principals at the Milwaukee WIAA session caused some stimulation for boxing when they voted by a large margin to recognize the sport officially, and to include it in the WIAA accident insurance provisions. This is a thing that many high schools have been working for in the past, and it should give boxing new dignity in the curriculum.

Basketball peps up

Basketball is being played this year with more scoring punch, more interest, before larger crowds, and with far more continuous playing action. This is attributable to the new rules, which are being hailed everywhere. Consensus of opinion among coaches contacted by the writer indicates that the new jump ball rule at the foul line has helped keep the jump area more clear at all other spots on the floor as well as in the lanes.

Wisconsin high schools are organized on the conference plan, and almost every school in the state is a member of some conference. Based on their play to date in the various larger conferences, several teams stood out as the turn of the new year was made. Coach Mart Gharrity's Shawano Indians and Coach Schaeffer's Kewaunee team show the way in the Northeastern league. Coach Jacobson's Beloit squad, Hunk Barrett's Madison East team, and Coach Ritt's Racine Horlick boys are thus far providing the fireworks in the Big Eight, although Madison West, under Willis Jones, is steadily improving. In the Fox Valley league, Oshkosh, under Coach Jack Nussbaum, and Green Bay East under Coach L. E. Means, are undefeated at this writing. In the Wisconsin River Valley league, Rhineland has been the surprise team to date under Coach Leksell, with Cabby Ewers' Wausau team, Carl Klandrud's Wisconsin Rapids team, and Ringdahl's Stevens Point all showing class. In the Milwaukee area the city teams are enjoying a good season, and the sport is definitely on the upgrade. Merton Lean's East team, and Lisle Blackburne's Washington team are the only undefeated teams to date. West, Bay View, and Lincoln are still rated very strong. In the Milwaukee Suburban League, Harry Wing's Shorewood team, and Van Galder's South Milwaukee team are still undefeated.

Small schools favor new set-up

Coaches of smaller Wisconsin high schools favor the new WIAA tournament plan which will see state champions crowned in Classes A, B, and C this year for the first time. Heretofore many schools that could not compete in the state tournament plan because they were not selected, now will find a fine competitive field in the Class C eliminations. The Class C meets will take care of about 274 schools having enrollments of 160 or fewer. Wis-

consin has a total enrollment of 446 high schools. The Class C meets will take place on March 5, 6, 7; the Class B on March 12, 13, and 14; and the Class A on March 19, 20, and 21, with the state meet planned for March 24, 25, 26, and 27. For the first time in the history of state basketball, the scene of the finals will be Wisconsin Rapids under high school management instead of at the University of Wisconsin.

Coaches Assn. meets March 27

In connection with the state tourney at Wisconsin Rapids, the Coaches Association will hold its annual meeting Friday, March 27, in the afternoon. Coaches will thus be able to combine a good clinical meeting with a look at the state tourney games. Members of the program committee are working on the program which will include speakers on basketball, track, intramurals, and injuries. Dave Woodward, former Minnesota trainer, and now trainer of the Green Bay Packers and Green Bay high schools, will speak on training methods. Other speakers are still to be selected. The annual election of officers will be a part of the work of this session, and it is expected that a complete new roster will be selected, as the present officers have served through the first two years of the organization's work.

Ice Hockey gains

Ice Hockey is gaining in popularity rapidly in the state as an interscholastic sport. Near Milwaukee it is having its fullest play. Shorewood, West Allis, Wauwatosa, South Milwaukee, Marquette High, Whitefish Bay, Country Day, St. John's, are playing many games, and others are starting. In the Wisconsin Valley, almost every team there plays a fine schedule, and the sport is emphasized almost as much as basketball.

Night football a fixture

There can be no doubt but that night football has come to stay in Wisconsin high schools. Practically every school that installed lighting quadrupled its gate receipts immediately, and this in a climate that is sometimes rather cold at night in November.

LOUIS E. MEANS
President, Wisconsin
Coaches Assn.

Missouri

All-State Track Award

FURTHER evidence of Missouri University's interest in stimulating all branches of high school athletics is seen in the plan advanced, but not yet officially announced, which would provide an award, probably a sweater emblem, for any high school boy who, in any dual, invitation, district or state track meet, equals or exceeds the standard for the event set up by the sponsors. The standard which has been set for each event was arrived at from an examination of the results of state meets of recent years. Further information about the plan will be made available when it is officially announced by

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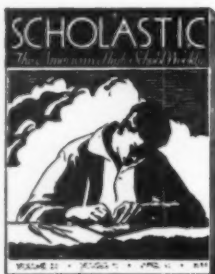
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SCHOLASTIC

The American High School Weekly

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Chauncey Simpson, Missouri U. track coach. The standards adopted follow:

100-yard dash	:10.2
220-yard dash	:22.5
440-yard dash	:53
880-yard run	2:05
Mile run	4:45
120-yard high hurdles	:15.8
200-yard low hurdles	:24
Shot put	45 feet
Discus	115 feet
Javelin	165 feet
Broad jump	21 feet
High jump	5 feet 10 inches
Pole vault	11 feet 6 inches

Track clinic March 7

The Coaches Assn. and the University athletic department are planning to stage Missouri's first high school track and field clinic on Saturday, March 7, at Columbia. The clinic will be held in conjunction with the Big Six indoor track and field meet. Chauncey Simpson is the one to whom credit goes for working out the plans for this clinic. Mr. Simpson is at present contacting the other Big Six coaches and will make every effort to have each of them talk on his specialty. The preliminaries of the Big Six meet will be held on Friday, and the finals in all events Saturday night, with the clinic taking place Saturday afternoon.

Annual meeting

The second annual meeting of the membership of the Missouri High School Coaches Assn. was held in the dining room of Harris Cafe in Columbia Dec. 14, with 125 members present. President Reaves Peters of Kansas City presided.

The meeting opened with a report of the nominating committee: Chairman W. N. Collins of Joplin, H. J. Protiva of Hannibal, and Glenn Rice of Jefferson City. Nominations of the present office holders were recommended by this committee. They are Reaves Peters, Kansas

City, president; Bert Fenenga, St. Louis, vice-president; C. E. Potter, St. James, sec'y.-treasurer. The membership accepted the report of this committee and elected the nominees by acclamation.

Don Faurot, director of athletics, Chauncey Simpson, track coach, and George Edwards, basketball coach, all of the University, welcomed the coaches to Columbia.

Vice President Fenenga took charge of the meeting and directed an interesting round table discussion of athletics in Missouri. Worthwhile contributions were made by Mr. Burris and Mr. Dieterich of the High School Athletic Assn., Dr. Wells of Kirksville Teachers College, and Fred Schwengel of Kirksville High.

The meeting adjourned and the entire group attended the St. Louis U.-Missouri U. basketball game as guests of the University.

Growing!

The Missouri High School Coaches Assn. has made rapid strides in the one year of its organization. From 226, at the close of the school year, the membership has increased to 281 this term.

The enrollment by districts is as follows: Cape Girardeau 1, North Central (Columbia) 28, Mineral Area (Flat River) 14, North East (Kirksville) 54, Kansas City 15, Maryville 11, St. Joseph 10, South Central (Rolla) 30, St. Louis City 29, St. Louis County 44, South West (Springfield) 20, and Central (Warrensburg) 35.

Active organizations exist in all districts except Cape and Maryville, and it is sincerely hoped that the coaches in these sections will take the necessary steps to complete their organizations.

C. E. POTTER,
Missouri H.S. Coaches Assn.
St. James, Mo.

Training Program for Sprinters

[Continued from page 14]

ing. I hold little stock in the theory of holding the breath after the "get set" command. Let the breathing come as it will. Think only of getting off quickly, and be well versed in the rhythm observed by the starter in giving his commands, so that you are mentally and physically "sprung" for shoving off.

First step off mark. This should be a natural step striking two to three feet in front of the starting line. It should not be a short, choppy step. The rear foot comes forward fairly close to the ground, not higher than six inches at any point. Check to see that the foot is striking directly in line with the hole. If it is striking to the left or right, some work should be done to correct this fault. The second, third and fourth steps are as fast as they can be taken without being chopped, and each six to twelve inches longer

than the preceding step. After the fourth step the runner should reach his normal running position about ten yards out. But if the digging, chop steps are used, the runner will be longer in reaching his normal running position. Of course, full speed will not have been attained at this point, for that can come only after the sprinter has reached this position.

Arm action off marks. As the rear foot comes forward, the opposite arm shoots out straight ahead, the hand turning in slightly. Do not let the arm on its forward swing rise above the head, for that will tend to straighten up the body too soon.

Running form. Characteristic of the relaxed runner is a looseness and flexibility of the hips. A slight, forward bend of the upper body and a slight shrug of the shoulders, with the head held naturally, is an aid to acquiring this flexibility. Do not lower the chin down against the chest, nor throw it back. Straight-ahead action of the legs, and high knee action char-

acterize the style of the best sprinters. The foot strikes on the ball of the foot. The rear leg at the end of each stride should straighten out and be high on the toes before leaving the ground. There should be no kick-up of the rear leg. Bring it directly forward, and as it becomes the front leg, let the knee ride high and the longest possible stride be acquired on the reach-out of the forward leg. The arms are bent at about a 45-degree angle between forearm and upper-arm. The power for the swing of the arms comes from the shoulders; there should be little or no movement in the elbows. The front swing should not rise higher than the chin; the back swing should be kept moving close to the hips and the hand allowed to go back beyond the hips. Do not check the backswing, for to do so may tend to shorten the leg stride. But it is not desirable to have the hands go much beyond the hips in the backswing, because the desired body angle is best maintained by the forward position of the arms.

Throw at tape to finish. This is a straight thrust of chest and upper body at the tape, and is not a jump or a twisting of the shoulder. The throw must be timed properly, at a distance of from three to six feet from the tape—preferably closer to three feet than to six. The arms should be raised up over the tape as the body is thrown straight forward. Do not anticipate throwing off a particular foot: let the distance from the tape be the sole signal for the throw, the impetus for which may come off either foot. To avoid falling, be sure to keep the legs pumping right along until normal balance is regained.

Running the 220

The 220 cannot be run full speed all the way. This fact should be hammered into the young and inexperienced sprinters who fail again and again, without seeming to learn from their failure, that the 220 cannot be run the way they run the 100. Those who attempt to dash out 220 yards as they would 100 invariably crack up at about 190 yards, if not sooner. Here is my advice on a plan for running the 220 and making every ounce of effort count with the stop watch:

Run the first 70 yards as you would the first 70 yards of the 100; then let up just enough to ease the strain of top speed (sometimes called "floating") until about 150 yards, at which point the speed goes on full blast, and the supreme effort is made down the final 70 yards.

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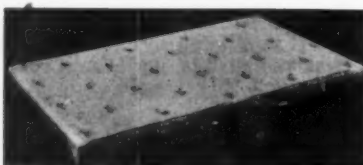
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Goal Posts Remain on End Lines in 1936 Interscholastic Rules

BY a vote of 12 to 1, the Football Rules Committee of the National Federation of State High School Athletic Associations, at its annual meeting in Chicago Jan. 10 and 11, decided to keep the goal posts where they are—on the end line.

This overwhelming majority in favor of retaining the goal posts in their present position came as a surprise in view of the sentiment that had been expressed on questionnaires sent out by the Committee to high school football men some time in advance of the meeting. This sentiment, coming from all interested states, was equally divided on the matter of moving the goal posts back to the goal line.

Of the approximately 15 changes made in the interscholastic rules for 1936, none will appreciably widen the difference between the high school and college games. The already existing major points of difference—the rule permitting passes to be thrown forward from any point behind the line of scrimmage, and the 15-yard side zone rule—remain unaltered in the interscholastic rules. For 1936 there will be still another zone on fields of teams using interscholastic rules: this is a protective zone, five yards in width, surrounding the field, from which all benches, water buckets and other objects must be removed. Whether the N.C.A.A. Rules Committee will adopt this change at its meeting this month remains to be seen.

The National Federation rules are now the official high school rules in 14 states, Oregon being the latest to adopt them. Three more states are expected to adopt them before the opening of the 1936 season. The special high school code was first used in 1932, with only three states in line—Illinois, Wisconsin and Iowa.

Other safety measures

The decision not to move the goal posts was in line with a number of minor changes effected by the Committee at this meeting, which will appear in the 1936 Official Interscholastic rule book, directed at increasing the safety of the game without changing its basic character. The most important of these minor "safety" changes are:

Rule 1, Section 2.—The Field, Marking and Equipment. There will be a protective zone around the entire field, five yards in width, and the management of the home team will be instructed to remove all extraneous objects, such as benches, water buckets, rigid markers, etc., from this zone.

Rule 3, Sec. 1, Article 1.—Time of Game. There will be a two-minute intermission between quarters and a 15-minute intermission between halves.

Rule 5-A, Sec. 1, Art. 4.—Unnecessary roughness. Tackling a player after he is out of bounds will be definitely mentioned in this rule, and a note will be added making the enforcement of the 15-yard penalty mandatory. The note will state that the

responsibility for knowing when an opponent is out of bounds is on the tackler.

Forward pass legislation

Rule 2, Sec. 20, Art. 2, Item 1. Definition of forward pass. The matter of whether the handing of the ball by one player to another behind the line of scrimmage becomes a forward pass (when handed forward, of course), will be taken up with the National Collegiate A.A. Rules Committee, and an attempt made to adopt the same rule for both codes.

Rule 8, Sec. 5, Art. 7. Pass interference. The editorial committee will clarify this rule so as to make more definite the details of what constitutes pass interference.

N.C.A.A. Cooperation

Besides the above-mentioned cooperation on the definition of a forward pass, the National Federation Committee will consult with the N.C.A.A. Committee on several other minor rules changes before taking final action on them. These are:

Rule 4, Sec. 3, Art. 2 (d). Illegally touching kicked ball. It was voted to recommend to the National Collegiate that both codes provide a distance penalty for illegally touching a kicked ball but that if the collegiate authorities were not willing to make such a change that the rule relative to a foul following the illegal touching should be retained as it is stated in the interscholastic rules.

Rule 4, Sec. 4, Art. 6. Fouls behind goal lines. It was voted to refer this section to the committee on equalization of penalties with the thought that in case the collegiate committee were to agree that penalties for certain of these fouls would be enforced from the goal line. Unless both committees agree to such a change the rule is to be retained as at present.

Rule 6, Sec. 6. Fair Catch. It was voted that the Editorial Committee take this matter up with the N.C.A.A. committee and attempt to make the two codes harmonize in this respect. The recommendation is made that a player shall not be penalized for interference after a muff by a receiver who has signalled for a fair catch.

Rule 7, Sec. 3, Art. 1. Free kick (kickoff). It was voted to conform to the N.C.A.A. code with respect to a short free kick and with respect to cumulative penalties. This rule will provide that in case a free kick is short and also out of bounds that the out of bounds provision will take precedence. It will provide further that penalties for violations of the free kick formation when the ball is out of bounds twice shall not be cumulative. They will still be cumulative in connection with all other fouls.

Other changes

Rule 2, Sec. 32. Hurdling. The entire section relative to hurdling will be removed, and the act re-defined as "jumping over any player with both feet or both knees foremost," and classified as unnecessary roughness.

Rule 3, Sec. 3. Time Up as Period Ends. On the last play of a period, if there is a foul (not one of a double foul) by the team not in possession (including a foul during a free ball), the period will be extended by one down, unless the penalty is declined. The rule will further provide that if on the last play of a half a double foul

occurs or a foul by the team in possession occurs, there shall be no extension and no score by the offender made during that down shall be counted. If there is a foul by the team in possession (including a double foul) on the last play of the first or third quarter the ball shall be changed before the penalty or replay is enforced.

Rule 3, Sec. 4, Art. 2. Time Out. The referee will notify the captain and coach when their team has been charged with a third legal time out.

Rule 3, Sec. 5, Art. 3. Substitute communicating. There will be no penalty for communication by a substitute after he has reported.

Favor equipment study

The Committee went on record as favoring a number of policies aimed at improving the safety of the game, among them:

1. A thorough investigation into the possibilities of a headgear which will provide nose and teeth protection for players.

2. A state association rule in each state prohibiting interscholastic games until after an adequate period of practice.

3. The presence of a doctor at all games, who has the final word in deciding whether a player shall return to the game after being removed for an injury.

4. The promotion of a better understanding of football techniques, safety measures, and the official interpretation of the rules through further extension of the practice, now followed in several states, of thoroughly covering the state each season by clinics and interpretation meetings.

Dr. William H. Burdick

Dr. William H. Burdick, noted national leader in the health, recreation and sports education fields, director of the Playground Athletic League of Baltimore and Maryland state director of physical education, died in Baltimore, Dec. 21, at the age of 65. A protagonist in the movement for bringing sports in line with educational and health ideals, Dr. Burdick served this cause through positions of leadership in national organizations over a period of thirty years. Maryland high schools were among the earliest supporters of the National Federation of State High School Athletic Associations through Dr. Burdick's interest in this movement.

Dr. Burdick became director of the Playground Athletic League of Baltimore in 1911 when the League had only seven play centers. Today it has 200. From 1917 through 1919 Dr. Burdick was president of the American Physical Education Association. He served in many ways other nation-wide movements, such as the National Education Association and the National Recreation Association. He was one of the first to become a member of the American Academy of Physical Education. Since the founding of Scholastic Coach in 1931, Dr. Burdick served on its Editorial Advisory Board, and his counsel was frequently sought on matters of editorial policy.

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The EDITOR

How to Throw 499 Fouls

"THE first 100 are the easiest," says Harry "Bunny" Leavitt, world's champion free-thrower who, last April 6, during an indoor sports carnival in Chicago, caged 499 successive foul shots, breaking his previous world's record by 74.

"After the first 100, I try not to try too hard," Leavitt says, "because by that time the rhythm of the thing will carry me along if I do not hinder it by anxiety over whether I am going to continue the run. This probably explains why I missed the 500th shot on April 6. I wanted it too eagerly."

After missing the 500th, Leavitt went on to cage 371 more without missing. All this in the middle of a sports carnival, including a volley ball game, a gymnastic exhibition, and wrestling matches—in the presence of 4,000 spectators, with a brass band accompanying it all.

Leavitt, who is 22, is assistant basketball coach at the Central Y.M.C.A. in Chicago. Since 1927, when he started tossing fouls at Marshall High School in Chicago, he has at various times scored runs of 73, 207, 283, 316, 425, and 499. Just recently, at Sioux Falls, N. D., Leavitt made a run of 425. At present he is touring the West, giving exhibitions.

Leavitt practises daily, and is not satisfied with a workout until he has caged 100 in succession. His style of shooting is the conventional underhand toss method. He follows a certain routine in making each shot, and describes it as follows:

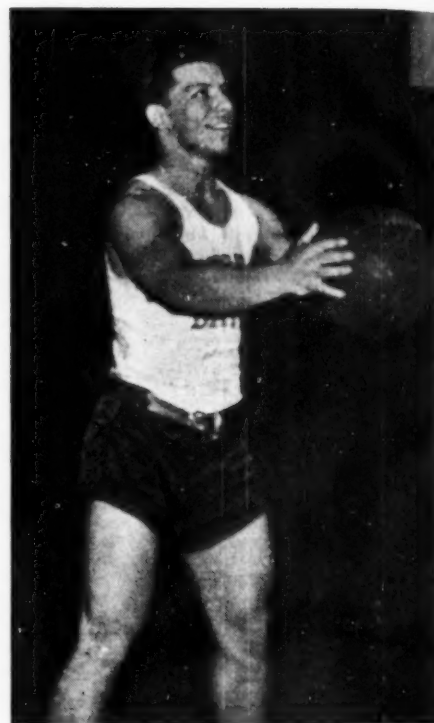
"1. I prefer the 1935-36 model laceless ball, but up to this season I had used only balls with laces. The new model laceless ball is the best-balanced ball I have ever had in my hands. I carry my own ball, and am therefore not dependent on what my host may offer in the way of basketballs. This is one time when a host will not feel offended if you say, 'If you don't mind, I will use my own.' This may give rise to suspicions that I have loaded my ball (with what I cannot imagine, except that I put 13-pounds air pressure into it, the legal pressure).

"2. I stand as close to the freethrow line as I can get without touching it, with feet spread flat, 18 inches apart.

"3. I make the final adjustment of the ball in my hands. When I used a ball with laces, I always faced the laces toward the basket. Now, with laceless balls, I hold the ball so that the valve faces the basket, with my index fingers always on the same seam. I do this, not because the present ball has more weight at the valve, but just to have a methodical routine to observe. This advantage is probably purely psychological. I center the ball in my hands, spreading the fingers comfortably over the 'sides.' It is held firmly by the finger cushions only; it does not touch the palms of my hands. I like to keep my fingertips free of perspiration, and this is sometimes difficult to do after 100 or more throws. Rubbing my fingertips on sandpaper helps. I prefer this to using resin or other substances.

"4. I then fix my eyes on the front rim of the basket and keep them there all the way through the delivery.

"5. With head up, and without bending at the waist, I dip my body by a knee bend, bringing the ball down in extended



Bunny Leavitt of Chicago, world's champion free-thrower, who missed the 500th shot because he was trying too hard.

arms and in toward the ankles, until the ball almost touches the ankles. My heels leave the floor on this dip, and the weight of my body centers over the balls of the feet.

"6. As the ball is released, I apply only a slight spin, the ball revolving toward the body. So slight is the spin impetus that the ball makes only 1½ turns before entering the basket. My aim is directed just over the point where I fix my eyes—the front rim. The ball finally leaves my hands when the arms are extended at their highest point in line with the basket and my head. That is, the ball leaves my hands when it is closest to the basket in my hands. The shot has a medium arch. The follow-through is complete."

Tennis Medal Available

High school principals, athletic directors and coaches desiring bronze medals for awarding to the winners of the school's intramural tennis tournament, boys' and girls' singles, may obtain them by checking the tennis item in the coupon on page 32, and returning the coupon as directed.

The medal will be sent free to all high schools having 16 or more players in each tournament.

The medal bears the inscription "National Registered Scholastic Tennis Champion . . . 1936 . . . National Award to Tennis Players Winning Their Official High School Championship Tournament, Awarded by Scholastic, The American High School Weekly."

Make application for medals now. They will be sent next month at no expense to you or the school. A new design has been made for the 1936 medal.

Five Rules to Curb Injuries in Football

Serious injuries resulting from football in high schools can be reduced to a minimum if five rules are observed, Dr. R. Arthur Fish, attending physician to the Flushing, N. Y. High School, told the members of the Osteopathic Society in New York City last month.

1. At least four weeks of supervised training before the first contest.
2. Rigid adherence to the age limits of 16 to 20 for all players.
3. Supervision by a physician experienced in treating athletic injuries and with knowledge of best methods in preventing them.
4. Compulsory wearing of protective material and supports for ankles, wrists and weakened joints and muscles.
5. Limited number of games and severe discipline for those who indulge in unapproved games.

Here Below

[Continued from page 5]

ference proposals, as reported in the *New York Times*:

In direct contrast to the plan recently adopted by the Southeastern Conference, the proposals of the Southern Conference presidents would not only outlaw all direct athletic aid but bring the entire athletic program under supervision of a college faculty committee.

Discussed, but deferred for further study, were equally drastic suggestions for abolition of post-season games, basketball tournaments and Spring football practice.

The presidents went on record as advocating that "hereafter the athletic director and coaches shall be chosen and their salaries fixed by the president or on the recommendation of the president by the board of control, according to the custom of the institution."

Another proposal was that all athletic accounts be audited regularly by certified public accountants and the reports be made available to the press.

The group proposed that any student who, "as a consideration for his athletic ability or promise of athletic ability, receives or is to receive any preferential consideration in the matter of tuition, fees, room, board, clothes, books, charge account, job, loan, scholarship, or any financial aid or material consideration whatever" from any source "is ineligible to represent the institutions in an intercollegiate contest."

Scholarships or other aid would be open equally to athletes and non-athletes, and under the direction or with the approval of faculty committees. A list of awards, names and financial statements would be sent to the conference president and copies filed with athletic committees at all the schools.

Athletes would be required to file with the committees detailed statements of amounts and sources of financial earnings and income during the college year, including the Summer, from others than those upon whom they are naturally dependent.

John B. Shepard

[Continued from page 9]

10. As soon as the card is returned to the department office by the vice-principal, the candidate is allowed to draw his equipment and report for practice. The rigid enforcement of this clause insures to the coach that all candidates are eligible at the time of their first appearance at practice.
11. The card at the close of the season is filed by sport and year and kept for six years. This plan insures that the records will be available for at least three years after the tenth-grade boys on the particular squad have graduated. Thus any question with reference to eligibility or physical condition at the time of competition may be readily ascertained.

Crawl Stroke

[Continued from page 19]

Below are listed some teaching and coaching exercises which have been found helpful in developing the crawl stroke swimmer.

A. Legs.

1. Flutter board kicking, 15 to 30 lengths of pool daily.
2. Hold on at scum gutter of pool and kick, 15 minutes.
3. Flutter kick races, length of pool.

B. Ankles and feet.

1. Kneel, toes pointed straight backward, sit on heels and lean backwards.
2. Support weight on the top side of the toes.
3. Assume floating position on the back, legs together, wiggle toes backward and forward in the water.

C. Arms.

1. Tie or hold ball between legs, swim using arms only, 20 to 30 lengths.
2. Hook toes over scum gutter, work arms as in swimming.

D. Breathing.

1. Bobbing, inhale above surface and exhale below. Refer to Water Stunts Chart, stunts 30 and 31, Scholastic Coach, Jan. 1933.
2. Breathing coordinated with kick while using the flutterboard.
3. Coordinated with arm movements while swimming with arms only.

A typical days workout for a crawl stroke swimmer after the season is opened and the usual breaking-in period has taken place might be: (1) Swim four or five lengths for a warm-up. (2) Flutter kicking 15 to 30 lengths. (3) Bobbing fifty to one hundred times. (4) Swim, arms only, 20 to 30 lengths. (5) Fifteen or 20 racing dives, with short sprints (one length) on three of them. (6) Twenty or more racing turns. (7) Finish up with 20 to 30 lengths, swimming the complete stroke, leisurely.

Screens Blocks

[Continued from page 8]

performed a legal screen. To jostle, use arms, legs, hips in abnormal moves to keep X2 from reaching 4, then he has blocked. For X2 to push 2 out of his way when 2 has taken an unoccupied place may result in a foul on X2. Again, there may be contact without either man being fouled—simply a misjudgment of time and speed which brought on a collision.

"**Diag. 2.** X1 turns and bumps in 3 who is behind him and simply standing still. If any foul is called it is X1.

"If 3 is moving as if to obtain a pass he certainly should not be fouled for hindering X1.

"This territory operates on the principle that any player, offensive or defensive, is entitled to any place on the court not already taken by another. An opponent is required to go around any player who has taken such a position.

"An exact parallel is found when a ball is loose on the floor. Two opponents rush to gain possession. They reach it simultaneously. One may fumble while the other obtains a good grasp and scoops up the ball, or they may both grab it at the same time. The official lets the ball stay in play one time and calls a held ball the other. So it is with screens and blocks. One man is entitled to his spot. If two men reach the same spot simultaneously the result may be a screen, a block, or a collision. The decision rests with the official."

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Baseball Practice

[Continued from page 15]

practice is increased 30 minutes, followed by intense infield and outfield practice. Usually the practice is concluded with a three to five inning game during which the fundamentals learned in the first three weeks are stressed continually. While this game is in progress the pitchers not in the game take a special workout in which the limited use of curve balls is permitted.

The fifth week brings to a close the pre-season practice, and during this period most of the time is devoted to batting and fielding, and much attention is given to getting the pitchers ready for the opening game. By this time the squad, composed of players who will see service in future years, is thus retained as an entity and encouragement in the form of coaching effort is given them throughout the remainder of the season.

After our regular schedule begins we spend more time on batting practice than anything else. The day after each game infield and outfield workouts are designed to correct the faults which were in evidence. The pitchers receive special attention to develop control, speed, and the proper use of curve balls. It is my opinion that a good fast-ball pitcher with control is the most effective type in high school baseball.

As the season progresses, certain definite team faults crop out which were not apparent during early season workouts, and practice sessions at this time are largely devoted to eliminating such faults. Base running, strategy, proper use and understanding of signals, sliding, and special plays, such as the squeeze, infield-fly, and hit-and-run, are given individual consideration.

Team morale should not be neglected, and any efforts the coach may make towards bolstering it will be well rewarded. One of the best fielding teams I ever had used to enjoy snappy, hard workouts, and they soon developed a competitive spirit which reflected itself in infield workouts where the first man to make an error was the subject of good natured ridicule.

During batting practice, all outfielders, as well as infielders, play their regular positions while waiting their turn at bat.

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